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DAY 2: TAKE BACK THE INTERNET

'YOUR RIGHTS MATTER ... BECAUSE YOU NEVER KNOW WHEN YOU'RE GOING TO NEED THEM.' LOOK FOR THIS CODE TO WATCH EDWARD SNOWDEN'S TED TALK



PAGES 16 & 17



Not the only thing that's rising

Ashley Madison, the hookup site for married people, is popular in the Land of the Rising Sun

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Living on the edge

Use Metro AR to see a real-life Spider-Man do his thing in Kyiv

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NO BOY BANDS

LIVE
88.5fm



Nick Baker died in a car accident in Cornwall on Oct. 18, 2012. His family is now threatening to sue General Motors over a possible car defect. CONTRIBUTED

Grieving parents to sue GM over car recall

2012 crash. Couple received letter on Monday addressed to deceased son, letting him know about key ignition defect



LUCY SCHOLEY
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A Cornwall couple is threatening to sue General Motors over the "wrongful death" of their son, who died while driving one of the company's recalled cars.

Suzanne and Danny Baker received a letter from GM Monday that was actually addressed to their late son, Nick. It states that the 2006 Saturn he drove had a defect in the key ignition. He was driving that Saturn on Oct. 18, 2012

when he collided with an oncoming pickup truck.

The letter — according to a press release by Delaney's Law Firm Professional Corp. — said the ignition switch "may move out of the 'run' position, resulting in a partial loss of electrical power and turning off the engine." It could also mean air bags might not deploy.

The press release also says the 22-year-old had been driving on County Road 2, near Cornwall, when he swerved into the oncoming truck. His air bags did not deploy, the press release alleges.

The Bakers are planning to sue for punitive damages. None of these allegations have been proven in court.

Lawyer Russel Molot said the family is "traumatized" by the news in the GM letter.

"The family ended up re-living the whole thing all over again," he said. "When

they opened it up, they were shocked."

GM announced recently it was recalling 2.6 million vehicles worldwide — including 368,000 in Canada. The ignition defect has been blamed for 12 deaths in the U.S. and one in Quebec. According to several media reports, GM learned of the defect about a decade ago, but only just announced it this month.

"You can't put shareholders' rights ahead of the lives of others and that's effectively what they did," said Molot.

On Wednesday, GM CEO Mary Barra testified before the Senate subcommittee on consumer protection, product safety and insurance investigating the GM ignition switch recall.

"We will continue doing all we can to repair our customers' vehicles and rebuild their trust in GM," the company's website quotes her as saying.



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Jennifer Bird

Woman who fatally stabbed chef to be sentenced today

An Ottawa woman who pleaded guilty to manslaughter in the stabbing death of Simon Hubbard will be sentenced Thursday.

Jennifer Bird, who was 26 at the time of Hubbard's death in 2011, was originally charged with second-degree murder, but pleaded guilty to the lesser manslaughter charge Tuesday.

The crown is seeking 14 years in jail while Bird's lawyer Jeffrey Langevin has asked for an eight-year sentence. Bird will get about four years of credit for time already served, Langevin said. Hubbard, an Ottawa chef, died of multiple stab wounds in the early morning hours on New Year's Day 2011.

TREVOR GREENWAY/METRO



Jennifer Bird FACEBOOK.COM

Charges laid

OPP investigate Tuesday shooting

Renfrew OPP are investigating a Tuesday evening shooting incident in which a 52-year-old man reported being shot at outside a residence in the Whitewater Region Township around 9:30 p.m. Officers arrested Paul Leblanc, 54, and charged him with careless use of a firearm, and unauthorized possession of a firearm.

TANYA KIRNISHNI/METRO

Prime minister asks Conservative party to investigate behaviour of Eve Adams

The prime minister has asked the Conservative party to investigate a series of allegations made by grassroots members against Ontario MP Eve Adams.

Adams has been swept up in a controversy over her battle for the Tory nomination in a suburban Toronto riding.

Her fiancée, Dimitri Soudas, was forced to resign as party executive director amid mounting concerns he was using his position to help her win.

An Ottawa gas station owner

Conservative MP Eve Adams
THE CANADIAN PRESS FILE

and Conservative supporter came forward with a security video showing a dispute between himself and Adams over

the quality of a \$6 car wash.

The video shows her vehicle parked directly in front of a pump lane. Owner John Newcombe said he asked her repeatedly to move the car, but to no avail. Adams says her car ended up in that position after other gas station employees told her to move it from other spots at the Island Park Drive service station.

Now the Conservative riding association board in Oakville North-Burlington has

written to the prime minister asking him to help resolve issues around Adams's conduct.

A Conservative party source says Harper has asked the party's governing body to look into the issue.

Among the allegations made by the riding association is that Adams has unfairly used the party's internal membership database, as well as her House of Commons mailing privileges, to contact potential supporters. **THE CANADIAN PRESS**

Rural residents rally for cheaper Ont. hydro rates

'No matter what I do...'
Conservation measures don't result in savings, residents complain

TREVOR GREENWAY
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There isn't much more Beth Trudeau can do to cut her Hydro One bill.

She's already using a propane stove and water heater and heats her home with wood. She can't understand why her bill has gone from under \$100 to \$250.

"We do our laundry at night, we have a wood stove, we dry our clothes on a rack in front of the wood stove, but no matter what I do, my hydro rates keep going up and it's because of the delivery charge," said Trudeau, who lives in rural Embrun, about 45 kilometres south east of Ottawa.

Ottawa protest

More than 30 communities across Ontario are planning to rally for cheaper hydro rates in the province, including a protest in Ottawa Friday.

"If my kilowatt hours are low, my delivery charge is high, if my kilowatt hours are higher, my delivery charge is lower," she says.

Trudeau and a group of other dissatisfied country folk joined forces and have started sharing their hydro bills amongst each other. She says a nearby farm shells out \$4,000, paying things like a "global adjustment" fee and other charges.

Hydro One officials say delivery rates depend on the density of a neighbourhood and on how many kilowatts a customer uses.



Beth Trudeau is not happy about her Hydro One bill these days. She and possibly hundreds of other rural customers are planning to protest hydro rates in Ottawa on Friday. **TREVOR GREENWAY/METRO**

1 NEWS

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Anti-harassment workshop comes to Ottawa Comiccon

'Cosplay is not consent.' Posters to be displayed at convention



JEREMY NOLAÏS
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Anti-harassment group Hollaback Ottawa will be organizing Ottawa Comiccon's first-ever anti-harassment workshops to help create a safer space for cosplayers.

Hollaback organizer Julie Lalonde said the idea is to make "scantly clad" superheroes feel they can enjoy the historically male-oriented event without fear of being groped or having their photos taken without consent.

"Our goal is to be a visible presence, so if someone is harassed at Comiccon they know that they can come to us and we can

report it with them," said Lalonde. "(By) hosting this workshop, we're hoping to open up the conversation about safety for women in geek spaces."

Cliff Caporale, Ottawa Comiccon programming director, said he was on board with the idea right away when contacted by Lalonde.

To help out, he said he is going to put up his own posters throughout the Ernst and Young Centre marked with "Be respectful" or "Cosplay is not consent" to drive home the message at the May 9-11 event.

"We wanted to make it clear that we are there to make sure that everybody feels safe in our environment and we found that Julie was a good person to help people know what to do in case those things happen," said Caporale. "Just because they dress in a certain way does not mean it's an invitation to say the

wrong things or touch."

Caporale said he could not recall any reports of gender-based harassment in previous years, but as Jordan Danger points out, that doesn't mean it hasn't happened.

"The majority of sexual harassment and sexual assaults in our culture (are) not reported," said Danger.

Danger, who is also the president of Ottawa's Capital Geek Girls, said two men verbally harassed her when she was dressed as The Green Lantern at a convention last year.

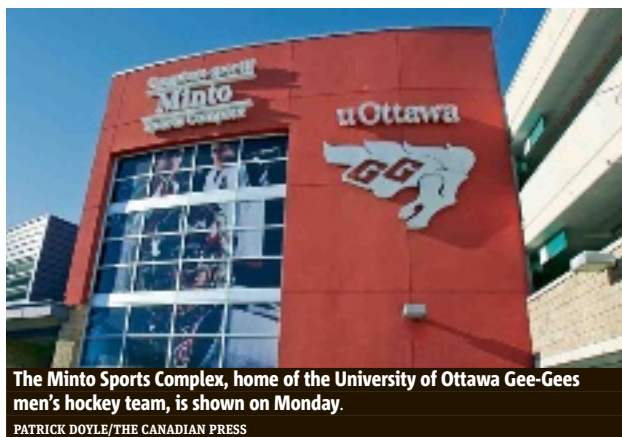
"I ended up with the two of them shouting at me (about) whether or not I had any right to dress up as Green Lantern because I was a woman," recalled Danger. "I was really shocked and I didn't expect it because they were there as volunteers."

Caporale expects the workshops will be held on May 9 and 10.



Comic book aficionado Jordan Danger said she supports the idea of an anti-harassment workshop at the 2014 edition of Ottawa Comiccon. COURTESY MICHAEL BEAUCAGE

U of O athlete upset over hockey team suspension



The Minto Sports Complex, home of the University of Ottawa Gee-Gees men's hockey team, is shown on Monday.
PATRICK DOYLE/THE CANADIAN PRESS

A fifth-year psychology student said he feels "betrayed" by the University of Ottawa for its suspension of the entire men's hockey team caught in a sexual assault investigation by Ottawa police.

In an open letter to University of Ottawa president Allan Rock, Gee-Gees athlete Pat Burns said his reputation and name have been "smeared by the very university I spent so much time working to promote," even though he says police interviews have found him not connected to misconduct in any way.

Burns accused the university of presuming guilt on all 26 players before an investigation is completed or any charges laid. Burns wrote how he and his fellow players were banned from attending receptions honouring U of O athletes.

Thunder Bay police started an investigation after a third-party complaint was filed following the Gee-Gees' visit to that town on the weekend of Feb. 1.

Thunder Bay police said last week most of the team has been co-operative, but

some refused interviews.

Burns says he was also denied a meeting with Rock.

"As this semester ends, I leave the University not having been recognized for my accomplishments, but having had the door slammed behind me," wrote Burns. "And I am not the only one."

In an email to Metro, university spokesperson Caroline Milliard said the suspension will remain in place until the U of O completes its internal review into the allegations of misconduct and into its policies and practi-

ces to the team's standards of conduct, supervision, and coaching.

"We understand the impact that the suspension has on all members of the hockey program, but we feel that it is in the best interests of all concerned to permit, at the very least, the completion of the University's review before revisiting the decision," wrote Milliard. "This is why we hope that players will fully co-operate with our internal review, which we aim to have completed as quickly as possible." **JOE LOFARO/METRO**

Site of crash

VIA Rail working to fix malfunctioning signals: Mayor

VIA Rail is working to fix the failing signal lights at the site of the tragic OC Transpo bus and train crash, says the city's mayor.

Jim Watson met with VIA

Rail acting president Steve Del Bosco over the phone on Tuesday afternoon to discuss the railway crossing signal lights at the Fallowfield station, which have malfunctioned several times since the Sept. 18, 2013 accident that killed six people.

"Mr. Del Bosco has given me his personal assurance that fixing these technical issues is a priority for VIA Rail on which they are working

very diligently," said Watson, in a memo to councillors. "He says that VIA Rail's best technical staff and resources — both internal and external — are reviewing the signals, and will update the city in the coming weeks."

There have been reports of the signal lights flashing and one or both bars lowering with no train in sight.

Metro did not hear from VIA Rail by press time. **METRO**

Traffic delays

Construction resumes for Airport Parkway bridge

Construction work has begun again for the beleaguered Airport Parkway and Pedestrian Cycling Bridge almost a month after an independent

review revealed problems with the management of the project.

The city sent out a memo on Wednesday, warning commuters of possible traffic delays on the Airport Parkway and a speed limit reduced to 60 kilometres per hour.

SEG Management Consultants produced a report that showed problems that began in the

project's pre-design stage and continued. It cited a complex design and lack of communication between senior and junior officials as reasons for the delays and \$5 million in cost overruns. That report was presented to a city committee on March 4.

The Airport Parkway bridge project is now due to be completed by November. **LUCY SCHOLEY/METRO**

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Glutton for punishment? No Arctic temperatures, just some great Arctic char

Winter's last hurrah is being marked by a festival celebrating Arctic nature, food and culture. The Canadian Museum of Nature (CMN) is hosting the Edible Arctic Festival on April 3-7. A wide range of activities include cultural and music performances, interactive art displays, and an aurora borealis light show.

"It bridges the gap between science in the Arctic and the culture of the people that live there," says Laurel McIvor, festival organizer. The CMN does a lot of research based in the Arctic, with about 60 per cent of their exhibits relating in some way to the North.

"The Arctic Scavenger Hunt will allow people to explore the museum and make connections between the permanent exhibits," says McIvor. Researchers and filmmakers will also hold talks about their scientific discoveries and documentaries.

Food features prominently at the festival and people can sample different Arctic dishes, such as muskox meat and bannock bread, while learning about Arctic culinary culture. McIvor highlights Inuit country food. "In the North, local food is the wild animals, there are no farms, so it's important to communicate the idea of sustainability."

"For the craft fair we've invited a lot of Inuit artists to demonstrate and sell their crafts," says McIvor. Their artwork focuses on showcasing everyday life in the North. Children can also enjoy the festival with storytelling by Inuit elder and educator David Serkoak and an igloo-building workshop.

"We have a large population of Inuit living here in Ottawa and this is a great opportunity for the public to learn more about their culture," says McIvor.

TANYA KIRNISHNI/FOR METRO



Arctic char, a staple of many Arctic residents' diets, is seen in this photo drying in the sun. CONTRIBUTED

Dear Gossips, word is Lainey is coming to town

Blogger to author.
Elaine 'Lainey' Lui will hit the capital city next week during her 'book-baby' promo tour



LUCY SCHOLEY
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Celebrity gossip is often seen as petty chatter for tabloid pages, but blogger Elaine "Lainey" Lui is coming to Ottawa to school scandal mongers on the importance of dishing the dirt.

Lui, who writes the popular entertainment blog Lainey Gossip, is bringing her Faculty of Celebrity Studies to Ottawa for a third time on Monday.

While Lui describes her take as a more "academic" approach to gossip, those lucky enough to score an invite won't be cracking any textbooks. It's more like a discussion with Miley Cyrus, Justin Bieber and Gwyneth Paltrow's "conscious uncoupling" on the course syllabus.

"I think the knock on celebrity gossip is that it's the pastime for losers and degenerates and that there are more intelligent pursuits," said Lui. "But I think what happens is that people forget that gossip can be a discussion about ourselves, about the human condition."

She said discussing celebrity gossip helps shape cultural norms, social expectations and identify unacceptable behaviour.



Celebrity gossip blogger Elaine "Lainey" Lui is returning to Ottawa to teach her "Faculty of Celebrity Studies" on Monday. CONTRIBUTED

So is Ottawa abuzz with gossip?

"People everywhere love gossip, but ... Ottawa gossips were pretty hardcore," said Lui, thinking back to last year's lecture. "They were very sophisticated, there

was a very intense discussion."

This year's event is also in conjunction with Lui's book tour for Listen to the Squawking Chicken: When Mother Knows Best, What's a Daughter to Do? A Memoir

(Sort Of). Like its title suggests, the book is a tribute to Lui's mom, who's often the subject of her blog posts.

Lui will also be at Chapters at 47 Rideau St. on Tuesday at 7 p.m. to talk about her book.



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Could you be 'The One?' Ottawa Bluesfest wants to hear you sing

Star search. Winner gets a trip to L.A. to work with veteran music producer

TREVOR GREENWAY
trevor.greenway@metronews.ca

Want to be the next Lorde? If you are a teen, and a girl, you can have a shot at Ottawa Bluesfest. You could end up in Hollywood, recording a song at the legendary Sunset Sound recording studio — the very place where Jim Morrison and the Doors laid down *Strange Days*.

This year's She's the One competition at Ottawa's biggest summer music festival is focusing on teenaged emerging female artists — songstress who are on their way, but need a little hand from the



Emily Fennell of Miss Emily performs at the 2012 She's the One competition at Ottawa Bluesfest. CONTRIBUTED

top to make it over the edge.

"It's part of this great way to give a young artist potentially a huge leg up," said She's the

One coordinator Ana Muira.

As a songwriter herself, Muira knows the many challenges young musicians face in

Canada. That's why this year's prize, which includes a trip to Los Angeles to work with renowned L.A.-based music pro-

ducer Barrett Yeretsian, and a music video and photo shoot, could help a talented artist make it big.

How to compete

The competition is open to female artists between 13 and 19 years old. Visit ottawabluesfest.ca/shes-the-one.

While Kingston's Emily Fennell of Miss Emily didn't get a big songwriting prize and a trip to an L.A. studio to record, the \$5,000 cash and the exposure of winning She's the One in 2012 has made a difference in her career.

The cash helped her fund the band's new record *Rise*, set to drop May 30 and the exposure helped her land some songwriting workshops with the Tragically Hip.

"It was a huge honour and just what I needed to gain just a little more wind in the sails," she said.

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'It's just a matter of time' till they legalize it: Poll

Survey says. 75% of Americans think sale and use of marijuana will eventually be legal across the nation

Marijuana legalization in the U.S. seems inevitable to three-fourths of Americans, whether they support it or not, according to a poll out Wednesday.

The Pew Research Center survey on America's shifting attitudes about drug policy also showed increased support for moving away from mandatory sentences for non-violent drug offenders.

The telephone survey found that 75 per cent of respondents



Most Americans think legal marijuana is inevitable, according to a new Pew Research poll. THE CANADIAN PRESS FILE

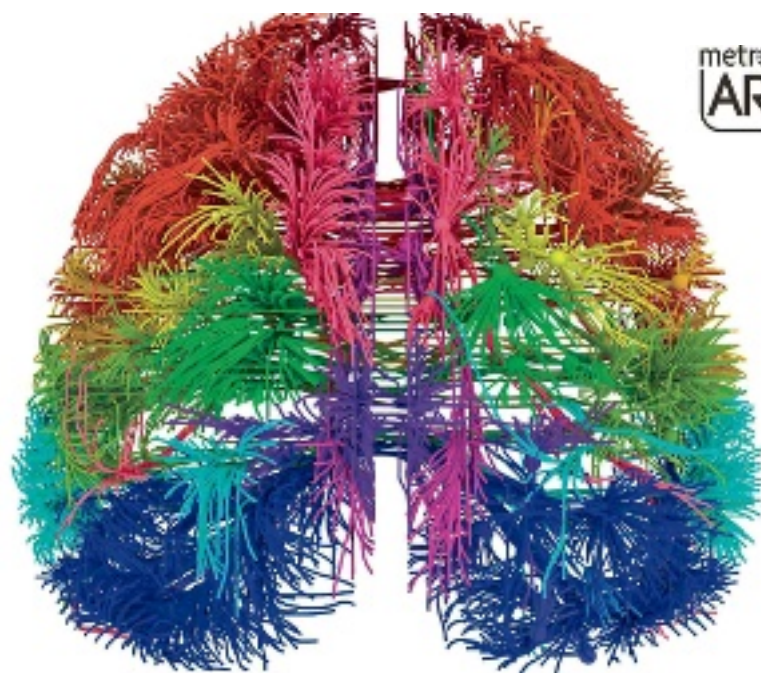
— including majorities of both supporters and opponents of legal marijuana — think that

the sale and use of pot eventually will be legal nationwide. It was the first time that question had been asked.

Some 39 per cent of respondents said pot should be legal for personal adult use. Forty-four per cent of those surveyed said it should be legal only for medicinal use. Just 16 per cent said it should not be legal at all.

The responses come as two states have legalized recreational marijuana, with more than 20 states and Washington, D.C., allowing some medical use of the drug.

"It's just a matter of time before it's in more states," said Steve Pratley of Denver, a 51-year-old pipefitter who voted for legalization in Colorado in 2012. THE CANADIAN PRESS



OK, make a left at scaring housewives, then go straight until you hit loving to eat cheese

This image provided by the Allen Institute for Brain Science shows a top-down map of connections originating from different cortical areas of the brain of a mouse. Scientists have created the first brain-wide wiring diagram for a mammal at such a level of detail. Scan the image with your Metro News app to see other images, including nerve cells making direct connections, connections between four visual areas and a circular wiring diagram of connections among 215 regions.

ALLEN INSTITUTE FOR BRAIN SCIENCE/THE ASSOCIATED PRESS

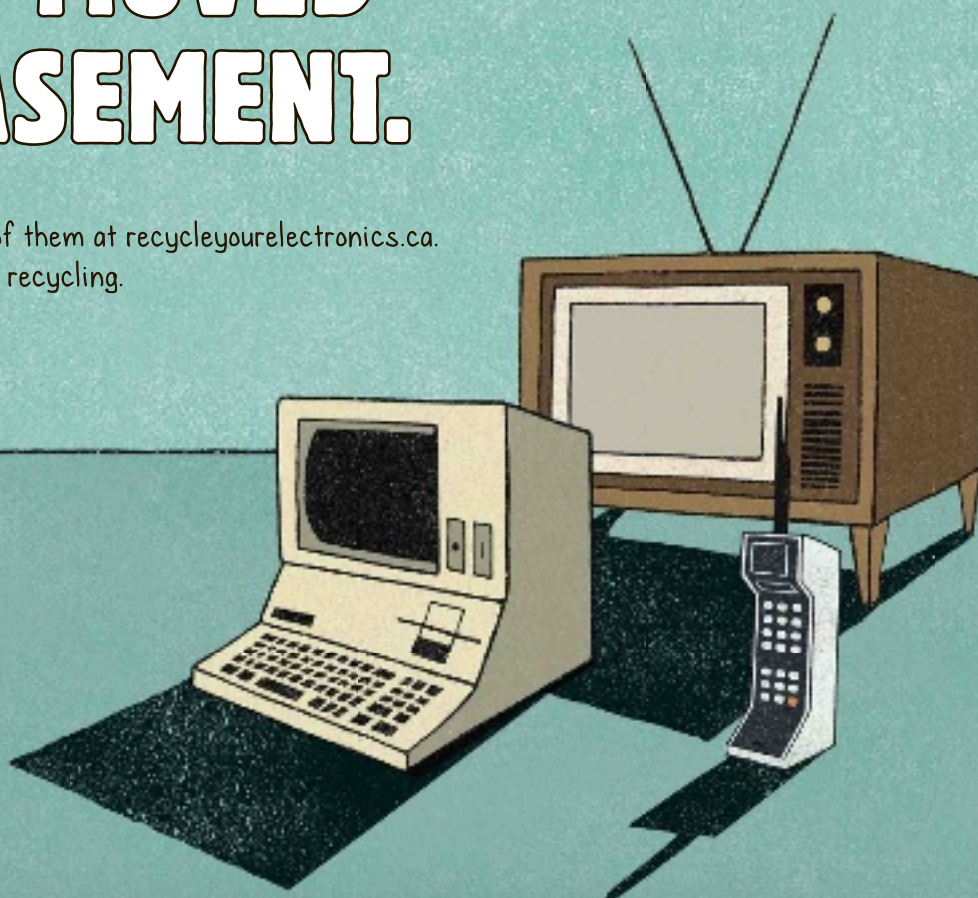
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Suspected prank leaves crustacean stranded

Lincoln County.
Returning the lobster
back to the Atlantic
will be no easy feat

A southern Ontario humane society is trying to decide what to do with a lobster found abandoned in a box early Wednesday in a resta-

rant parking lot.

Lincoln County Humane Society executive director Kevin Strooband says the restaurant doesn't serve lobster but they suspect the crustacean was likely part of an April Fools' Day prank.

Strooband says they don't often have to deal with salt water animals, but were able to get some salt water from a supermarket and the lobster

is in an aquarium at the humane society.

Strooband says the plan is to send the lobster back to the Maritimes where he probably came from.

The humane society is hoping that once a decision is made, they can find someone willing to take the lobster on a flight to Atlantic Canada and free it in the ocean.

And Strooband says if the

person isn't planning to go near the ocean, his sister lives there and will meet the flight to take custody of the lobster.

Strooband said the investigation into where the lobster came from continues.

"It appears because yesterday was April Fool's that it is a prank, or was part of a prank, and then once the prank was over, it was left," he added.

THE CANADIAN PRESS



A southern Ontario humane society is hoping someone Atlantic-bound will give this lobster a lift home. COURTESY LINCOLN HUMANE SOCIETY



Help name the baby gorilla

The Toronto Zoo needs help naming its latest newcomer — a baby gorilla born on Jan. 10 to mom Ngozi and dad Charles. The public can submit names on the zoo's website. CORRINA AIMERS/TORONTO ZOO



PHOTO BY MARK CORREIA

Accidental vote

Ford votes 'no' on Mandela street

Toronto Mayor Rob Ford had an oops moment Wednesday when he voted against city council motions on naming a street in honour of Nelson Mandela and congratulating Canada's Olympic and Paralympic athletes.

Ford later claimed he hit the wrong voting button in both cases and asked for a re-vote, but it was unclear if one would be held. Ford has been embroiled in a number of scandals over the past year. THE CANADIAN PRESS

Chinese Twitter

Actor's apology sets record

A Chinese actor's apology to his actress wife following rumours of his infidelity has set a record for comments and retweets on China's version of Twitter.

TV star Wen Zhang posted a statement Monday that his wife "and the children could have had a warm and nice life, but everything was destroyed by me." The post was forwarded more than 1.2 million times and received nearly 1.9 million comments. THE ASSOCIATED PRESS



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U.K. smog forms from pollution, big Sahara storm

The Perfect Storm.

Pollution in some areas reaches top of the scale; health warnings issued; desert dust mixing in

European pollution and dust swirling in from the Sahara created a “perfect storm” of smog in Britain on Wednesday, prompting authorities to warn people with heart or lung conditions to cut down on tough physical exercise outdoors.

Air pollution in some areas reached the top rung on its 10-point scale, the environment department said.

The smog was caused by pollution from Britain and industrialized areas of the continent — trapped in place because of light winds — mixing with dust blown up from a storm in the Sahara desert. Many motorists across England awoke this week to find cars covered in a film of red dust left by overnight rain. People with heart or respiratory problems were advised to reduce strenuous exercise outdoors.

An unusual combination of factors had conspired “to create a ‘perfect storm’ for air pollution,” said meteorologist Helen Dacre.

Despite efforts to make industry and automobiles cleaner, air pollution remains a major problem in Britain and across Europe.

Last month, Paris took the drastic step of banning half the city’s cars from the roads for a day after a week in which pollution levels exceeded those in notoriously smoggy cities including Beijing and Delhi.

Air pollution is the world’s single biggest environmental



A cyclist wears an anti-pollution mask as she cycles along The Mall in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

health risk, responsible for about one in eight deaths, the World Health Organization said last week.

Air pollution kills about seven million people worldwide every year, with more than half of the fatalities due to fumes from indoor stoves and the rest from outdoor pollutants, the WHO said.

Paul Cosford of Public Health England told the BBC that people with heart or respiratory problems should “reduce the amount of strenuous exercise outdoors over the next few days.”

THE ASSOCIATED PRESS

Unhealthy brew causing health risk to some

“Toxic gases, such as nitrogen dioxide and ozone, as well as fine dust particles in the air blown in from the Sahara and from burning fossil fuels, all contribute to cause problems for people with heart, lung and breathing problems, such as asthma.”

Helen Dacre, a meteorologist at the University of Reading

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Washington mudslide. Search continues as weather improves

Floodwaters are receding at the site of a massive mudslide that crushed a rural Washington state community, allowing crews to expand their search and yielding more human remains in areas that previously couldn't be reached.

More than 10 days after a large section of a rain-soaked hill crashed down on a neighbourhood in the small community of Oso, teams with cadaver dogs are still sifting through debris and soil to determine exactly how many people died in the March 22 mudslide. With the rain

Victims

Officials have so far confirmed the deaths of 29 people, although only 22 have been officially identified in information released Wednesday morning by the Snohomish County medical examiner's office. A total of 20 people are missing.

stopped, the floodwaters are receding, which is allowing more crews to switch from water pumping to searching.

THE ASSOCIATED PRESS

Pennsylvania

City asks residents to keep the change

Officials in Millcreek Township, along with its water and sewer authorities, have adopted a policy limiting how much change they'll accept from residents paying sewer bills and

other fees.

David Sterrett, executive director of the authorities, tells the Erie Times-News that officials came up with the policy after a woman showed up last month with a shoebox full of nickels, dimes and quarters to pay a \$200 sewer bill.

THE ASSOCIATED PRESS

CBSA arrests several members of Lev Tahor



Canada Border Services Agency agents take a member of Lev Tahor into custody in Chatham, Ont., on Wednesday. ASHTON PATIS/BLACKBURN NEWS/THE CANADIAN PRESS

Chatham-Kent. Members of Jewish sect embroiled in child custody case arrested over immigration issues

Six members of an ultra-orthodox Jewish sect were arrested Wednesday by the Canada Border Services Agency over suspected immigration issues, their lawyer said.

Some families in the Lev Tahor community are at the centre of an ongoing child custody case, including one family that fled to Guatemala, but it's not clear if the arrests were in any way connected to the case.

One community member listed the names of six people he said were arrested and they were not those involved in the child welfare case.

Chatham-Kent Children's Services co-operated with the CBSA, who arrested Lev Tahor

members "who are believed to be in violation of Canada's immigration policy/laws," Stephen Doig, the children's aid society's executive director wrote in an email.

The people arrested are known to have 28 children, Doig said. Kids in cases where both parents in a family have been detained and there is no alternate caregiver are put in care, Doig said, though he did not say how many kids were in children's aid custody.

The children were all back in the community hours later, being looked after by relatives or alternate caregivers, the group's lawyer, Guidy Mamann said Wednesday evening.

Members of the community told local radio station Blackburn News that those arrested are Israeli citizens and their visas had expired. One member of the community told The Canadian Press some of those arrested were American citizens. THE CANADIAN PRESS

Stolen Gauguin found in autoworker's kitchen

A Paul Gauguin still life stolen from a wealthy collector's home in Britain has been recovered after hanging for 40 years in a Sicilian autoworker's kitchen.

The worker bought the painting along with one of lesser value by another French artist, Pierre Bonnard for about \$100 at a legitimate 1975 Italian state railway auction of unclaimed lost items, said Maj. Massimiliano Quagliarella of the paramilitary Carabinieri art theft squad. Italian authorities estimated Wednesday that the still life is worth in a range from \$14 million to \$40 million.

The painting is believed to have "travelled" on a Paris-Turin train before the worker purchased it, said Gen. Mariano Mossa. When the autoworker retired to Sicily, the man's son, who studied architecture at university, noticed a telling detail: a dog curled up in the corner. Dogs were sometimes a signature motif for Gauguin's work.

The man's son contacted an art expert to give an evaluation. The expert concluded the work was likely a Gauguin painting, and contacted the Carabinieri.



An Italian officer stands by a Paul Gauguin still life recovered by authorities, during a press conference in Rome, Wednesday. DANIELE LEONE/LA PRESSE/THE ASSOCIATED PRESS

The painting depicts two bowls, brimming with brightly coloured grapes, apples and other pieces of fruit, posed on a table. In black on the canvas is painted "89" an indication that it was painted in 1889. It now measures 46.5 centimetres by 53 centimetres. That is slightly smaller than the work as Gauguin created it, because the thieves had cut it out of its frame, police said.

The painting will remain in the custody of the art squad

because the police have yet to receive an official notice that it is stolen, Quagliarella said. The art squad traced it using newspaper articles in 1970 reporting the theft of a wealthy London family's collection.

Marinello said there could be a battle for ownership of the recovered paintings. He said the autoworker could have a right to them under Italian law if he could prove he bought them in good faith.

THE ASSOCIATED PRESS

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Senators say report shows CIA tortured detainees after 9/11

Senate intelligence committee probe.

Panel to vote Thursday on whether to make public the 6,200-page report's summary and key findings

A U.S. Senate panel appears likely to demand the release of a contentious torture report that has sharply divided lawmakers and the CIA, as two centrist senators joined the push Wednesday for a summary of the review to be declassified.

In a joint statement, Sens. Susan Collins and Angus King said the still-classified Senate intelligence committee investigation would show

Classified report

Congressional aides and outside experts familiar with the classified report say it is harshly critical of waterboarding and other harsh interrogation methods, and concludes that such practices provided no key evidence in the hunt for Osama bin Laden. The CIA disputes many of the conclusions in the report.

the CIA tortured some terror detainees in its battle against terror after the Sept. 11, 2001, attacks. And they accused the agency of mismanaging its "enhanced interrogation program."

Collins and King are among the newest members

of the intelligence panel. Collins is a moderate Republican. King is an independent who caucuses with Democrats. All Democrats on the committee are likely to vote for declassification of the report.

That step would initiate a process that could exacerbate a bitter rift between Senate investigators and CIA officials. Sen. Dianne Feinstein, a Democrat, and the committee chair, accuses the CIA of improperly monitoring the computer use of Senate staffers and deleting files, undermining the U.S. Constitution's separation of powers between the executive and legislative branches of government.

The CIA alleges the intelligence panel illegally accessed certain documents.

THE ASSOCIATED PRESS



Berlin hosts Ai Weiwei show

Visitors to the Martin-Gropius-Bau museum in Berlin are greeted by an atrium filled with more than 6,000 antique stools from villages across China's north — uniform-seeming yet individual objects left behind by history. Dissident Chinese artist Ai Weiwei has filled a floor of the museum with pieces large and small for his exhibition Evidence, which opened Wednesday and was billed by organizers as his biggest yet. It runs until July 7. MARKUS SCHREIBER/THE ASSOCIATED PRESS

Calif. pipeline inferno

Utility facing 12 criminal charges

Pacific Gas and Electric Co. has been charged with 12 felony violations of U.S. pipeline safety laws linked to a 2010 natural gas pipeline explosion that sparked a fireball and levelled 38 homes in the San Francisco Bay Area.

Nearly four years later, the neighbourhood where eight were killed and dozens injured is still recovering. THE ASSOCIATED PRESS

Turkey

Court orders ban on Twitter lifted

Turkey's highest court has ruled that the country's Twitter ban violates the right to free expression and has demanded that access be restored.

Turkey suspended access to Twitter last month after the website became a conduit for links to recordings suggesting government corruption.

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Shooting at U.S. Army's Fort Hood base

Second incident.

Base was also scene of 2009 event that left 13 people dead

A gunman opened fire Wednesday at the U.S. Army's Fort Hood in an attack that left at least four dead, including the shooter, law enforcement officials said.

One of the officials, citing official internal Justice Department updates, said 14 others were hurt. The officials spoke on condition of anonymity because they were not authorized to release information by name.

The Texas Army base was the scene of a mass shooting in 2009. Thirteen people were killed and more than 30 wounded in what was the deadliest attack on a domestic military installation in history.

A U.S. law enforcement official said reports circulat-



In this 2009 photo, an entrance is shown to the Fort Hood Army Base in Texas. THE ASSOCIATED PRESS

ing within the Justice Department indicate the shooter died of what appears to be a self-inflicted wound. The official spoke on the condition of anonymity because the investigation is still ongoing.

Outside the base, some relatives of soldiers waited for news about their loved ones.

Tayra DeHart, 33, said she

had last heard from her husband, a soldier at the post, that he was safe, but that was hours earlier.

"The last two hours have been the most nerve-wracking I've ever felt. I know God is here protecting me and all the soldiers, but I have my phone in my hand just hoping it will ring and it will be my husband," DeHart said.

In Chicago, President Barack Obama vowed that investigators will get to the bottom of the shooting, seeking to reassure the nation whose sense of security once again has been shaken by mass violence.

The president spoke without notes or prepared remarks in the same room of a steakhouse where he had just met with about 25 donors at a previously scheduled fundraiser for the Democratic National Committee. White House officials quickly pushed tables to the side of the room to make room for Obama to speak to the nation. THE ASSOCIATED PRESS



Fishermen look for damaged boats to salvage in the port of Iquique, Chile, on Wednesday. Authorities discovered surprisingly light damage from a magnitude-8.2 quake that struck in the Pacific Ocean Tuesday evening. LUIS HIDALGO/THE ASSOCIATED PRESS

Big quake in Chile causes little damage

Hard-won expertise and a big dose of luck helped Chile escape its latest magnitude-8.2 earthquake with surprisingly little damage and death.

The country that suffers some of the world's most powerful quakes has strict building codes, mandatory evacuations and emergency preparedness that sets a global example. But Chileans weren't satisfied Wednesday, finding much room for improvement. And experts warn that a "seismic gap" has left northern Chile overdue for a far bigger quake.

Authorities on Wednesday discovered just six reported

Tuesday's temblor

8.2

Magnitude of the earthquake that hit Chile on Tuesday night

deaths from the previous night's quake. It's possible that other people were killed in older structures made of adobe in remote communities that weren't immediately accessible, but it's still a very low toll for such a powerful shift in the undersea fault that runs along the length of South America's

Pacific coast.

"How much is it luck? How much is it science? How much is it preparedness? It is a combination of all of the above. I think what we just saw here is pure luck. Mostly, it is luck that the tsunami was not bigger and that it hit a fairly isolated area of Chile," said Costas Synolakis, an engineer who directs the Tsunami Research Center at the University of Southern California.

Chile is one of the world's most seismic countries and is particularly prone to tsunamis.

THE ASSOCIATED PRESS

Langley, B.C.

Man allegedly attacks wife, sets house on fire

Mounties in Langley, B.C., have secured an arrest warrant for a 44-year-old man after an early morning fire at the home of his estranged wife.

Police have already announced an attempted murder investigation is underway.

But RCMP Cpl. Holly Marks says Andre Richard is also wanted for allegedly breaching a condition that prohibited contact with his estranged wife.

The incident began early Wednesday, when Marks says the man allegedly set fire to the home, entered the woman's bedroom and hit her with a weapon, then attacked the woman's daughter as she tried to intervene.

THE CANADIAN PRESS

St. John's. Class-action suit over moose-vehicle accidents launches

A class-action lawsuit started Wednesday in St. John's, N.L., with emotional testimony from plaintiffs who said moose-vehicle crashes on provincial roads have devastated them.

"I never had time to respond," said Ben Bellows, 57, of a 2003 accident that left him a quadriplegic.

He sat in a wheelchair as he testified in provincial Supreme Court. The case alleges the province has negligently failed to manage the moose population. It involves 135 plaintiffs — including at least 15 estates of those who died — who were involved in accidents dating back to 2001.

The class was limited to injuries that required hospital admission. Plaintiffs are claiming unspecified damages as they seek to prove

Quoted

"It was so fast."

Ben Bellows, describing his accident with a moose on the Trans-Canada Highway, which left him a quadriplegic.

the province is liable for not doing more to limit risks created after the government introduced moose, a non-native species, to the island of Newfoundland more than a century ago.

Ches Crosbie, the lawyer for the plaintiffs, told court that the provincial government has known for at least 10 years that moose are a highway hazard but did not decide on a specific policy to cut that risk.

About 800 accidents or close calls have been recorded annually in recent years.

THE CANADIAN PRESS

Tory election overhaul. Poilievre is just fine with his controversial bill

Pierre Poilievre insisted Wednesday that his controversial overhaul of federal election laws is "terrific" just the way it is, despite almost universal condemnation by electoral experts in Canada and abroad.

The democratic reform minister stood by his heavily criticized bill even as some Conservative senators said they got the impression during a private meeting with Poilievre on Tuesday that he's open to amendments.

The senators hastened to add that they personally don't think amendments are necessary. And they, along with Conservative MPs, dismissed critics as being ill-informed, hysterical or resistant to change.

Among those who've denounced various elements of the sweeping bill are Marc Mayrand, the country's chief electoral officer, and Yves Cote, the elections commissioner who enforces election laws and investigates possible

250,000 disenfranchised

Among the many controversial provisions is one that would eliminate the practice of voters vouching for the identity of others who lack proper ID.

- Experts have said eliminating vouching, combined with banning the use of voter information cards to prove residency, could disenfranchise up to 250,000 voters — primarily students, elderly voters and aboriginals.

breaches.

Cote told the Commons committee studying the bill that separating his office from Elections Canada will make investigations less efficient and effective. And, by failing to give him the power to compel testimony, he said some investigations will be aborted. **THE CANADIAN PRESS**



The World Team skydivers try for record

In this photo taken Tuesday and provided by The World Team, a group of 222 skydivers from 28 nations dive over Eloy, Ariz. The jump was part of the group's ongoing attempt to set a world record by forming two distinct aerial formations within the same dive. The team did not break the record with this attempt.

ANDREY VESELOV/WORLD TEAM/THE ASSOCIATED PRESS

Grand Canyon

Bison causing problems in park

The herds of bison roaming the northern reaches of the Grand Canyon are causing some headaches. They were introduced to the area in 1906 as part of a ranching operation to crossbreed them with cattle. The state owns and maintains the bison on land outside the national park, but the animals have been spending a majority of their time within park boundaries grazing in sensitive areas.

THE ASSOCIATED PRESS

Distracted driving

B.C. considers tougher penalties

Distracted driving is killing more British Columbians than drunk driving and Attorney General Suzanne Anton says the government is considering higher fines and penalties.

THE CANADIAN PRESS

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Canadians 'should be outraged' by Wi-Fi spy allegations: MP

Snowden documents.

CSEC says it only 'incidentally' intercepts Canadian communications



JOE LOFARO
joe.lofaro@metronews.ca

If protecting the privacy of Canadians is Communications Security Establishment Canada's "most important principle," why do documents leaked by Edward Snowden appear to indicate the spy agency snooped on Canadian citizens at a Canadian airport?

It's a question that's sparked debate in Parliament and one that NDP digital issues critic Charmaine Borg still struggles with. Borg said Canadians "should be outraged" by allegations published in a January CBC News report which said CSEC spied on Canadians by scooping up metadata from a free Wi-Fi network.

CSEC chief John Forster defended his agency's actions, saying it only "incidentally" intercepts Canadian communications while targeting foreigners.

Metro was denied multiple requests for an interview with Public Safety Canada, the ministry responsible for cybersecurity, and its minister, Steven



Documents leaked by Edward Snowden seem to show the Canadian government was snooping on its citizens at the airport. CONTRIBUTED

Blaney.

"Our Government takes cybersecurity seriously and operates on the advice of security experts," wrote Blaney's press secretary, Jason Tamming, in an email, which also mentioned a \$245-million investment in the government's Cyber Security Strategy. The strategy was designed to protect public and private sector IT networks and the personal information of Canadians against online threats.

In another email to Metro, Sabrina Meheš, a Public Safety spokesperson, noted Canadian intelligence agencies are subject to "multiple layers of scrutiny."

"CSEC and CSIS, are both subject to independent review," wrote Meheš. "There is also judicial oversight of more intrusive CSIS activities, and

Ministerial approval of certain CSEC and CSIS activities."

But Borg and privacy advocates worry about more than just the government. In 2013 Borg tabled a private member's bill to give the federal privacy commissioner powers to hold private firms more accountable. Bill C-475, however, did not pass second reading in January.

As for what Canada is doing to protect the privacy of Canadians from corporations and hackers, Meheš referred Metro to the same Cyber Security Strategy.

Sometimes the law isn't enough. When firms break the law, the privacy commissioner can only make corrective recommendations and hope for the best.

"Here in Canada, all they get is a meager slap on the

Privacy

Why you should care

The question of what law-abiding people have to fear from government spying is likely self evident to anyone who has ever deleted their browsing history, but the question always comes up — why should we care?

In his recent Ted Talk in Vancouver via Skype, Edward Snowden addressed the question head on.

"The first thing is, you're giving up your rights. You're saying hey, you know, I don't think I'm going to need them," Snowden said. "People should be able to buy a book online, they should be able to travel by train, they should be able to buy an airline ticket without wondering about how these events are going to look to an agent of the government, possibly not even your government, years in the future."

wrist," said Borg. "If there are repercussions for violating our privacy laws, these organizations will start to treat the privacy of Canadians more seriously."

WITH FILES FROM TORSTAR NEWS SERVICE

PARANOID IS SPYING

Here's a glimpse at countries that spy on

Canada

In December 2013, the CBC received documents indicating CSEC Canada set up spy posts in 20 countries at the request of the NSA. The Privacy Act and Personal Information Protection and Electronic Documents Act are meant to protect citizens from government and private-sector spying.

U.S.

The Fourth Amendment of the U.S. Constitution gives anyone the right to not be searched without reason. But in 1978, the government enacted the Foreign Intelligence Surveillance Act, which enables the government to spy on those who may pose a threat to national security. It has been repeatedly amended since 9/11.

No one knows for sure

What's legal? What's not?

We may be starting to slowly understand what our governments are really up to these days after NSA whistleblower Edward Snowden began exposing government spying techniques to the world last summer.

But examining the magnitude of the Canadian government's spying efforts on its own people makes it clear there's still a lot we don't know.

"When you look at the totality of what Snowden has revealed, we find that virtually all our communication, it would seem, is captured in some form," said Michael Geist, Canada research chair in Internet and e-commerce law at the University of Ottawa. "It's pretty scary."

What's scarier is the broad interpretation of Canadian laws that don't seem to protect any of our online data.

'World of secrets'



"We are stuck in this world of secrets and a wilderness of mirrors, not really knowing what is going on or if we should feel comforted or feel deeply troubled or somewhere in between."

Wesley Wark, leading security expert

Sure, there are clear boundaries set for the Canadian Security Intelligence Service (CSIS) and the RCMP, but when it comes to CSEC, the lines begin to blur.

University of Ottawa professor and national security expert Wesley Wark said CSEC has a mandate to collect foreign intelligence for the government of Canada. CSEC doesn't have authority to spy on Canadians, but it's been given what Wark called a "get-out-of-jail-free card" — ministerial approval to "inadvertently collect and retain

It's everywhere



"What we do know is that surveillance is truly ubiquitous at this point in time." Michael Geist, University of Ottawa research chair

Canadian communications."

That's apparently what happened with CSEC's large sweep of data at a major Canadian airport.

Some would argue it was a breach of Canadian law, but Wark said CSEC's approval to collect "metadata," which is all the data that surrounds the sending and receiving of communication, including who sent it, who received it, how and when it was sent, creates a loophole.

"That metadata, CSEC says, does not constitute a private communication and therefore it is not protected by the privacy act or any charter rights," he said. "A second argument (is) that they can do metadata even against Canadian communica-

tions, in pursuit of foreign intelligence material and that it's not in breach of law."

That means Facebook conversations, private emails and other personal info can be swept up in the government's massive data bank as quick as you can "like" a photo.

Facebook and other social media sites are in the grey area of the law, said Geist, who told Metro as long as you have some privacy settings on your profile, messages between friends should be protected. While CSEC couldn't legally use the private information against you, it is allowed to "inadvertently" collect all our conversations.

Open sites like Twitter could be interpreted differently. Geist said one of his students was recently stopped by U.S. customs because he tweeted a mathematical formula before his travels. He was let go, but the idea of governments watching our every tweet is "shocking," he said.

TREVOR GREENWAY/METRO

A brief history of Snowden

- **June 5, 2013.** Leaked NSA documents are published in the Guardian revealing a U.S. Foreign Intelligence Surveillance Court order forcing Verizon to give up metadata from millions of Americans' phone calls to the FBI and NSA.
- **June 6, 2013.** PowerPoint

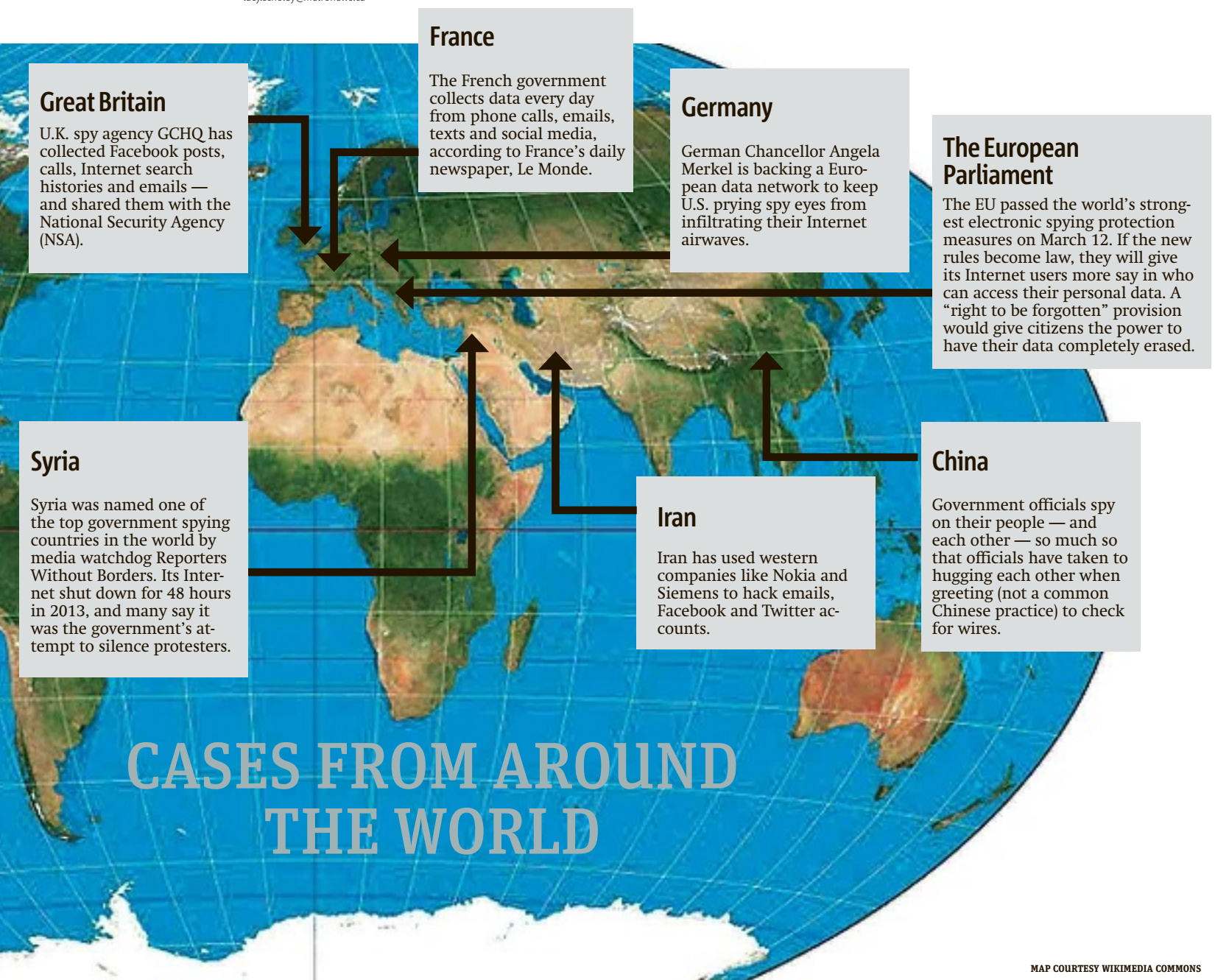
slides emerge from the Washington Post and the Guardian detailing the NSA's access to high-tech company servers including Google and Microsoft through its PRISM program.

- **June 8, 2013.** The Guardian publishes more PowerPoint slides detailing how the NSA's

? NAH, THE GOVERNMENT ON YOU (AND EVERYONE ELSE)

their citizens — and each other — plus worldwide laws and rules-in-the-making that protect citizens from spying

COMPILED BY LUCY SCHOLEY
lucy.scholey@metronews.ca



Hacking your world: Day 2 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: An interview with the interim privacy commissioner, plus more tips to keep you safe

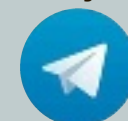
That's apps

Here's what's up-and-coming in apps and software that claim to protect your privacy:



Wickr. This app is like Snapchat, but it claims to not collect user location data. It sends encrypted, self-destructing messages.

- **Telegram Messenger.** According to Verge, this is the "hottest messaging app in the world." Its creators claim the app's encrypted messaging is un-hackable.



- **TextSecure.** This is another encrypted messaging app. However, it also allows users to create encrypted chat groups with others.



- **SpiderOak.** Got photos to store? This app will let you upload encrypted versions to a cloud storage space.



- **Secret Life.** Tailored towards iPhone users, this app secures passwords, photos and contact lists.



tool Boundless Informant gives the spying agency near real-time stats, by country. The paper also revealed the NSA swept up 3 billion pieces of intelligence from U.S. citizens in Feb. 2013 alone.

June 9, 2013. NSA contractor and the man behind the leaks

Edward Snowden reveals himself to the Guardian in a Hong Kong hotel.

- **June 16, 2013.** The Guardian publishes a series of articles detailing how the U.S. and the U.K. spied on foreign leaders and diplomats at the G20 summit in 2009.

- **June 23, 2013.** The U.S. revokes Snowden's passport. He ends up in limbo after Ecuador's President Rafael Correa says he was issued travel documents without U.S. approval. Snowden begins to seek asylum elsewhere.
- **June 25, 2013.** After travel-

ling to Moscow, Russian President Vladimir Putin says Snowden is a "free man" at Sheremetyevo airport and says he is allowed to leave the country.

- **October 2013.** Brazil's Globo Television reports NSA leaks show Canada collects meta-

data about phone calls and emails to and from Brazil's Mines and Energy Ministry.

- **Nov. 27, 2013.** The CBC reports that leaked documents show the NSA conducted widespread surveillance in Canada during 2010 G8 and G20 summits.

Cheating rises in the Land of the Rising Sun

Japan. Buttoned-up culture gets some lipstick on its collar via adultery website

Ashley Madison, the world's biggest online hookup site for married people, works only when monogamy is the rule on the surface but, deep inside, couples want to cheat. That's why it is scoring big in Japan.

The nation that prides itself on conformity and proper appearances reached a million users in eight and a half months, the fastest pace among any of the 37 countries where the adultery site operates. The previous record was Brazil at 10 months. The U.S., which has the biggest number of users at 13 million, took a year to achieve the one million mark. Spain took nearly two years.

Extramarital sex and affairs are not new to Japan, but a site such as Ashley Madison is "a levelling out of the playing field" for women, said Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com. There is a tradition of wealthy men taking mistresses in Japan and its male dominated society has provided plenty of outlets for married men to find casual sex.

The divorce rate in Japan

is relatively low at about two cases per 1,000 people versus four cases in the U.S., although sinking marriages rates in Japan also lower the divorce numbers. In the 1960s, divorces were even rarer, with fewer than one per 1,000 people.

With its slogan, "Life is short. Have an affair," Ashley Madison has drawn nearly 25 million users worldwide since being started in Canada in 2002. It now has 1.07 million users in Japan after opening here in June last year.

Biderman, who is in a monogamous marriage and has two children, insists the social network is just a tool and no one can force anyone to betray a spouse. A friendly, uninhibited man with quick answers to almost any question about infidelity, he doesn't shy from declaring he would cheat if his marriage were sexually unsatisfying.

One appeal of the site is that it allows for pseudonyms or anonymity. It's secure and closed so digital tracks like emails don't get left behind, reducing the chances of getting caught. It's far less messy than trying to find an erotic outlet on Facebook or in the office, said Biderman during a visit to Tokyo this week.

A small but significant portion of users around the world don't have affairs and merely flirt in "fantasy dates" in cyberspace, according to Ashley Madison.



Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com, poses in Tokyo on Tuesday. The slogan written in Japanese reads: "Life is short. Have an affair." THE ASSOCIATED PRESS

For better, for worse?

"The reason people have affairs is that they want to stay married."

Noel Biderman, CEO of Avid Life Media Inc., which operates AshleyMadison.com

Singles can join but only if they are willing to get together with married people. Women can use the services for free.

Revenue comes from charging the male users, who are 64 per cent of site's members in Japan and 70 per cent globally. A package of 100 credits costs 4,900 yen (\$49), which allow connections with 20 potential partners. Credits are also used for gifts to woo potential lovers, such as virtual flowers. The privately owned company had profit of

about \$40 million last year. Its revenue was about \$125 million, up from \$100 million in 2012.

Ashley Madison has not been warmly welcomed everywhere in Asia.

Singapore's government blocked access to the site ahead of its launch there late last year amid a public outcry, lambasting the service as a "flagrant disregard of our family values and public morality."

THE ASSOCIATED PRESS

PayPal. George Costanza and his overstuffed wallet could have used this app

It's long been promised that technology will kill the old-fashioned wallet and consumers won't need to carry cash or credit cards to buy a coffee, eat out and go shopping.

PayPal Canada has taken a little step toward that high-tech future, starting in Toronto.

Its mobile app, available for Apple and Google Android devices, now allows users to pay for purchases at more than 50 eateries and cafes.

Previously available in other countries, the app asks the user to check-in as they arrive at a restaurant or coffee shop — which sends their

PayPal account information to the business owner — and once that's done, they can put away their device.

After asking for the bill, their meal or drink is automatically paid for and a receipt is sent by email. The bill can be paid with the user's PayPal balance or with a registered credit card or bank account.

While PayPal has been in Canada for 10 years and has 5.5 million users here, they acknowledge there are many consumers who still aren't familiar with the payments company, which was acquired by eBay in 2002.

THE CANADIAN PRESS

Market Minute

DOLLAR
90.62¢ (-0.03¢)

TSX
14,459.11 (+78.56)

OIL
\$99.62 US (-\$0.12)

GOLD
\$1,290.80 US (+\$10.80)

Natural gas: \$4.37 US (+\$0.11)
Dow Jones: 16,573.00 (+40.39)

Thank the pension

Public servants still overpaid: Report

Federal employees are still far ahead of their private sector counterparts in terms of total compensation thanks to their pension benefits, says a new C.D. Howe Institute report.

The report compares what is called "fair value" in compensation and finds that the guaranteed pension benefits paid out to retired public servants put them in a class of their own. THE CANADIAN PRESS

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*to p 110 April 30, 2014. Some conditions apply.



There's life in the old dog yet

Phyllis, a Chihuahua-poodle mix, peers out of her owner Steve Greig's backpack. Greig found the 10-year-old dog, who is blind and weak and has lost all her hair to an infection, on Susie's Senior Dogs, a popular Facebook page that tells stories about pooches past their prime that need loving homes. The page, named by founder Erin O'Sullivan after her boyfriend's teenage Chihuahua, has tapped into a wellspring of animal lovers seeking calmer, well-trained dogs or those wanting to care for pets in their twilight years. Shelters will ask O'Sullivan to help place older dogs that aren't as sought-after as puppies. STEVE GREIG/THE ASSOCIATED PRESS

LOSING IS WINNING IN COMEDY

I recently returned to the site where I died. It's also the place I killed one night. And it's definitely one of the places where I've felt most alive.

It was a comedy club.

I used to go to comedy school, which was just like regular school except for small differences like A) working hard meant going to bars five nights a week and B) students complained about such hardships as a three-hour gap between sketch class and improv class. (I'm not making that up.)

Stand-up comedy was (and is) part of the curriculum, so I was at a Yuk Yuk's to adjudicate students doing their final performances. The stand-up teacher selected me because I met two important criteria: I had the requisite skills to mark a score out of 10 on a piece of paper, and I had a working email address.

Was I any good at standup? Of course. Unless you're judging on the narrow criteria of, "Was I funny?" in which



HE SAYS

John Mazerolle

metronews.ca

case, no, I wasn't good at it.

In two years of stand-up I had exactly one night where everything went just right. If you had stumbled in on that night, you might have imagined I knew what I was doing. Even a stopped clock is right twice a day, and this '80s-raised comic was a VCR clock flashing 12:00 when midnight rolled around.

But beyond that happy coincidence, I usually just survived my seven minutes.

I had two jokes that were adequate ...

"I like Stephen Harper. Finally someone who's tough on the arts," and, "Do you know what we call black people back in New Brunswick? We call him Daryl. Because that's his name."

... but it's hard to fill 10 minutes with those, even with an amusing stammer and a bunch of knowing glances. Often I over-rehearsed the set so much I would have failed a Turing test.

Long monologue short, I didn't have a great time doing stand up. But yet when I was back in the club I realized I missed it.

Watching the students reminded me how comedy can make the usual pecking order irrelevant and reward people who are comfortable with their place in the world, no matter where that is.

This crowd loved the overweight awkward guy who reveled in being the overweight awkward guy, but recoiled instinctively from the "cool" broad-shouldered guy whose set could have been shortened to, "Vaginas and other cultures. Pretty scary, am I right?"

I also remembered how much the performers help each other out, how exciting it can be to look out at a full house, and — this is harder to remember than you'd think — how fun it is to entertain people.

But these thoughts are way too sappy for a column about the cynical world of standup.

So, speaking of sappy, let me tell you my can't-fail joke about New Brunswick!

Stop me if you've heard this one.

ZOOM

They look kind of trashy



ARIEL SCHALIT/THE ASSOCIATED PRESS

1 thousand people wearing garbage turn up in Israel

The Trash People, an art exhibit of life-size figures made from 20 tons of recycled iron, glass, computer parts, cans and industrial waste, stands on Israel's Hiriya landfill near Tel Aviv,

Israel, on Wednesday. Trash People by German artist HA Schult, has been traveling for 18 years around the world, with stops in Paris La Defense, Moscow Red Square, the Great Wall of China, Egypt's Pyramids in Giza, Piazza del Popolo in Rome, Antarctica and now in Israel until April 26.

THE ASSOCIATED PRESS

Quoted

"We produce trash, are born from trash, and will turn back into trash."

Famous quote by the artist of the Trash People, HA Schult

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 8 and 16 in News, page 21 in Scene, page 24 in Life, and page 33 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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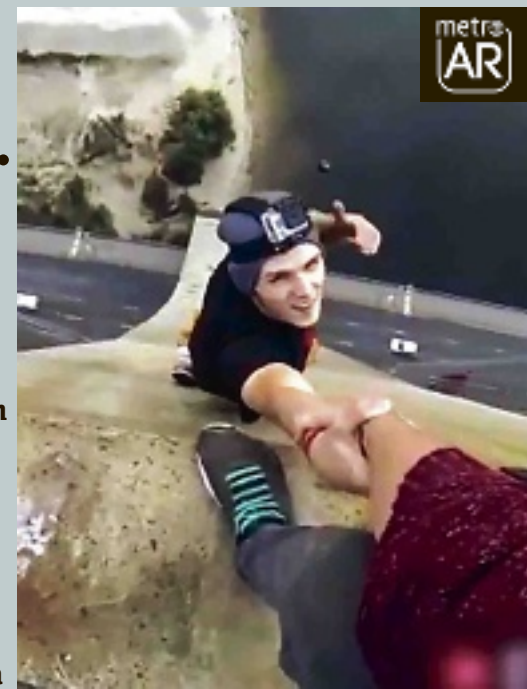
MetroTube

If the suspense doesn't kill you...



ANDREW FIFIELD
metronews.ca

Russia may not be the most popular topic in Ukraine right now, but British adventurer and general wing nut James Kingston (@JamesLKingston) is keeping the country's pastime of brazenly scaling high structures alive by tackling Kyiv's Moscow Bridge — which, come to think of it, may also be due for a name change in the coming weeks. Of course, this isn't your standard structure-climbing clip. This is a man on an even crazier mission.

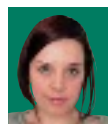


YOUTUBE/SCREENGRAB

New kids on the block

Railbender Studio.

With crowdfunding help, couple opens tattoo shop/art gallery in Hintonburg



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

Alex Néron and Marta Jarzabek figured they would go into business together at some point but, when Jarzabek lost her job last October, the couple's five-year plan quickly accelerated.

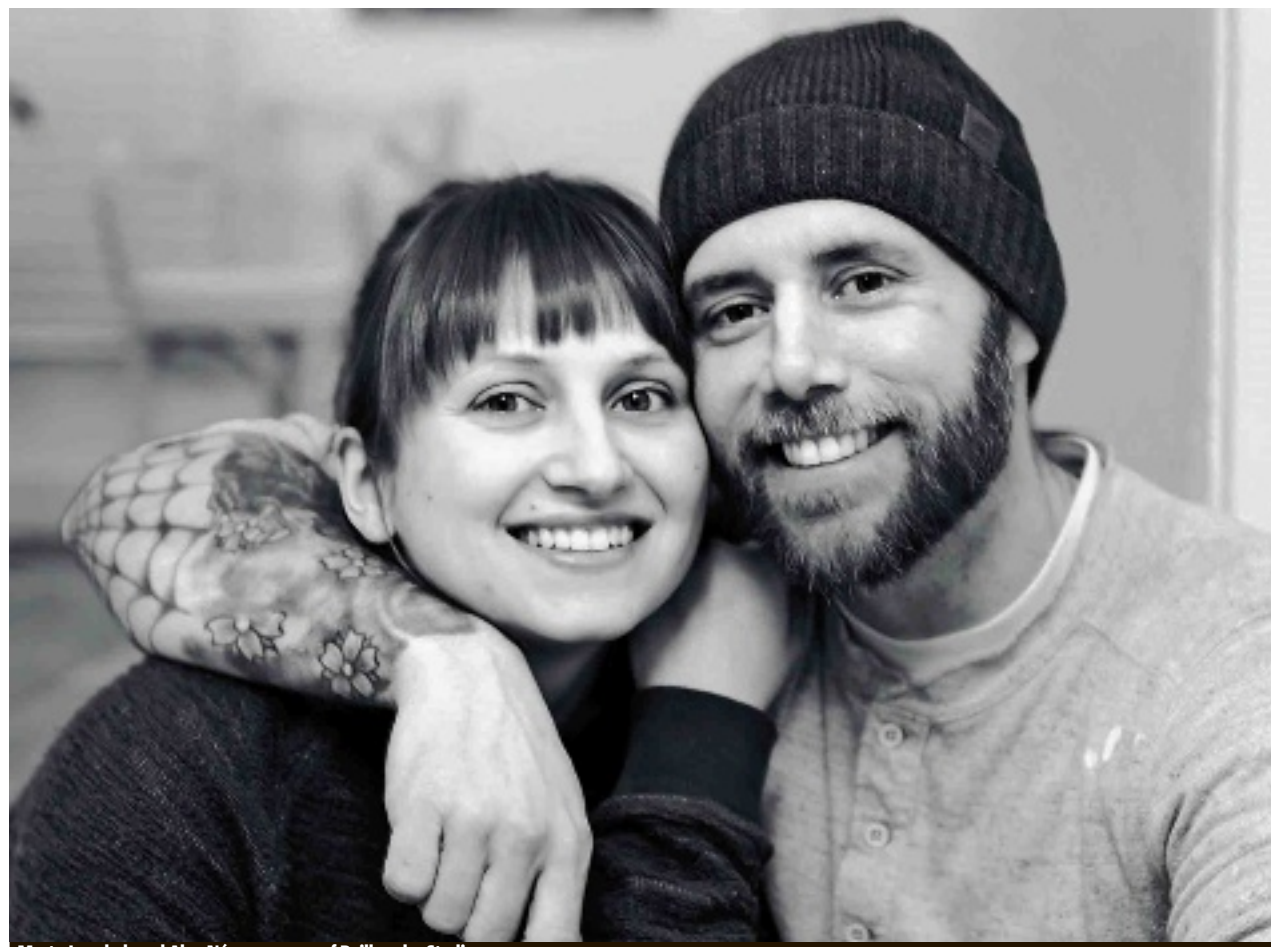
"We didn't have all the checks in the boxes but we knew we wanted to do it, and that was our starting point," explains Jarzabek.

In February, with the help of crowdfunding, the pair opened Railbender Studio, a tattoo shop and art gallery, in trendy Hintonburg.

"The only reason we were able to get off the ground was because of the Kickstarter account. It funded a third of our renovation costs. We weren't able to get it off the ground without this campaign because we had no other resources," says Jarzabek.

"It was about halfway through our project that we realized that we needed to do this in order to complete it," Néron says, adding that he has long dreamed of becoming a full-time artist.

"I had been tattooing over the past few years between jobs and drawing on the side, doing art exhibits and never having enough time for myself and my art.



Marta Jarzabek and Alex Néron, owners of Railbender Studio. EVAN BERGSTRA

"We have quite a few friends who are well established artists in the community. We had a really good recipe and really believed that we could pull this off because of our resources and our talent."

The design and esthetics of the studio was of the utmost importance to Néron and Jarzabek, who were searching for an inspiring place to work.

"We knew that if we were going to work somewhere full-time, we wanted to work in a creative space that inspired us and that's why we wanted to include the gallery portion. We just wanted to enjoy the space we're working in and be surrounded by awesome, talented artists and creative work. We knew we would have the wall space for it," she explains.

When it comes to tattooing, Néron knows he's the new kid on the block and the competition in this city is fierce but he's confident in his skills and passion.

"I'm still new in the tattoo world, so I'm still developing my style. I just believe in doing our own thing and good things can come out of that if you do what you enjoy and do what you believe in."

Railbender Studio is located at 3 Hamilton Avenue North in Hintonburg.

Quoted

"I just believe in doing our own thing and good things can come out of that."

Alex Néron, co-owner of Railbender Studio



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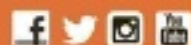
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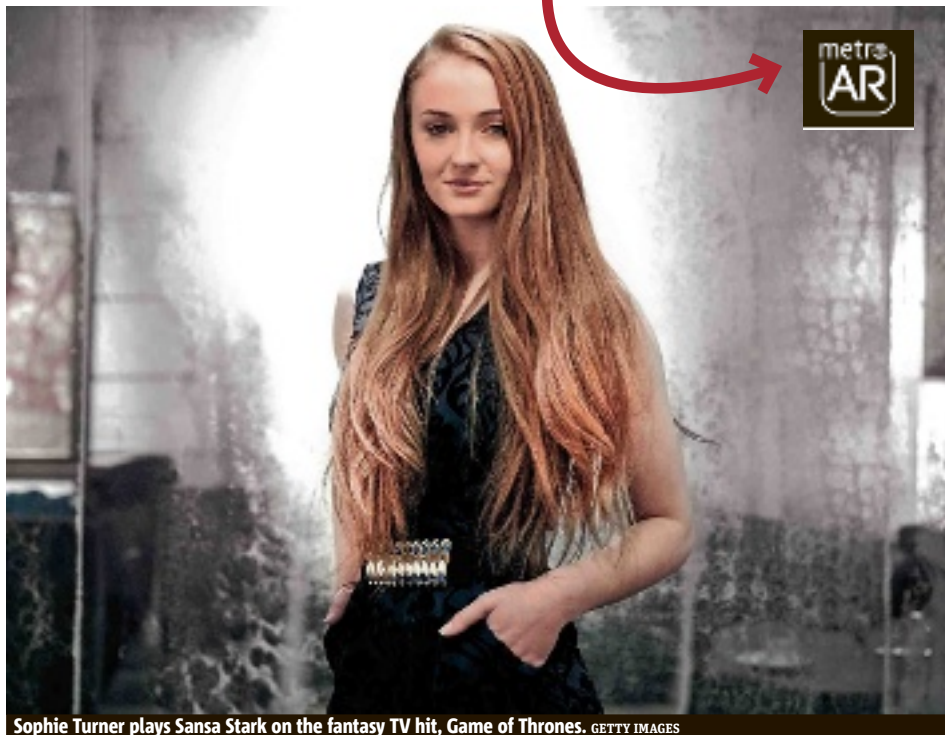
liverush.ca



*Some restrictions apply. Full-time students must be between the ages of 13-22.

TRINITY
LIVE
RUSH





Sophie Turner plays Sansa Stark on the fantasy TV hit, Game of Thrones. GETTY IMAGES

Sophie Turner warns more misery looms for lovely Sansa Stark

'I'm a broken woman.' Loras, Lannisters, and lemon cakes: Demure Sansa has had it tough in the Game of Thrones



ROMINA MCGUINNESS
Metro World News in London

Sophie Turner, who plays Sansa Stark, tells Metro to expect more blood, trauma and lies as the fight for the Iron Throne continues this season.

You're a Lannister now. How does that feel?
Sansa Lannister... great.

Really?
No! It's fun for me because I get to spend more time with Peter (Dinklage), but for Sansa it kind of sucks because these are the people who killed her father.

Do you think the name will have an impact on who she is?

She very much knows who she is. She's seen as being weak and vulnerable but at the end of the day, if she didn't please people, she'd have her head cut off.

Have you read all the books?
I only read my chapters. I flick through the books and mark them down. The third one is a really difficult read. Have you read it?

No...
I don't blame you. The writing is tiny. I'm always Wikipedia-ing it to get a sense of what's going to happen. More misery, that's what's going to happen.

Sansa looks so depressed. Does that not make you sad?
At first I couldn't really master how to cry and draw that emotion, so I just used my personal life. My grandma was really ill at the time and so I started thinking about her, but it just got me really down. And then I realized that you actually have to act and pretend you're in the situation.

So how do you do it now if you can't think of your grandma?
Her story is so sad that every time something shitty happens I feel like crying anyway. I'm a broken woman.

Is Joffrey a good kisser at least?
I guess — he wasn't bad! I was 14 when it happened. It was an innocent peck. I'll let you know when I have a full-blown snog.

Who'd you want that to be with?
There are a lot of fine young men on the show. I think Sansa would like to kiss Loras Tyrell, but he's gay. She wants some affection even if it is gay affection.

Did you know there was a GOT cookbook?
What would people want to cook? Ew.

The lemon cake recipe — Sansa's favourite — is really popular.
I hate them. And last season I was eating lemon cakes in this one scene and we had to do 10 setups. I counted and I ate just over 50 cakes. Mini ones, but I felt so fat and I hate them. So annoying.

Who deserves to sit on the Iron Throne?
Daenerys is desperate for this. Or Jon Snow, he's gone through a lot. Or maybe Sansa because she was supposed to get it in the first place, but turns out Joffrey is a psychopath.

Tune in

Game of Thrones Season 4 premieres Sunday at 9 p.m. ET/MT on HBO Canada

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NEW THIS WEEK

Philomena

MARTIN SIXSMITH

Philomena is the tale of a mother and a son whose lives were scarred by the forces of hypocrisy on both sides of the Atlantic and of the secrets they were forced to keep. A compelling story of family secrets, love and loss - now a major film starring Judi Dench.

THIS WEEK

WEEKS ON LIST

- | | | |
|---------------------------------------|-------------------|---|
| 1. Be Careful What You Wish For | JEFFREY ARCHER | 4 |
| 2. Heaven Is For Real | TODD BURPO | 5 |
| 3. Uganda Be Kidding Me | CHELSEA HANDLER | 5 |
| 4. Missing You | HARLAN COBEN | 3 |
| 5. Shadow Spell | NORA ROBERTS | 2 |
| 6. Power Play | DANIELLE STEEL | 4 |
| 7. Wish You Happy Forever | JENNY BOWEN | 4 |
| 8. The Hotel On Place Vendome | TILAR J. MAZZEO | 4 |
| 9. Up Up & Away | JONAH KERI | 2 |
| 10. Philomena | MARTIN SIXSMITH | 1 |
| 11. Robert Ludlum's The Janson Option | PAUL GARRISON | 3 |
| 12. Overwhelmed | BRIGID SCHULTE | 3 |
| 13. Paris | EDWARD RUTHERFORD | 1 |
| 14. Frog Music | EMMA DONOGHUE | 2 |
| 15. The Hungry Girl Diet | LISA LILLIEN | 1 |
| 16. NYPD Red 2 | JAMES PATTERSON | 1 |
| 17. Exodus | DEBORAH FELDMAN | 2 |
| 18. Listen To The Squawking Chicken | ELAINE LUI | 1 |
| 19. Whiskey Beach | NORA ROBERTS | 1 |
| 20. Million Dollar Arm | J. B. BERNSTEIN | 1 |

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Freeman demurs on fate of lemurs

Island of Lemurs.

Morgan Freeman is the voice of a new doc about Madagascar's famous creatures

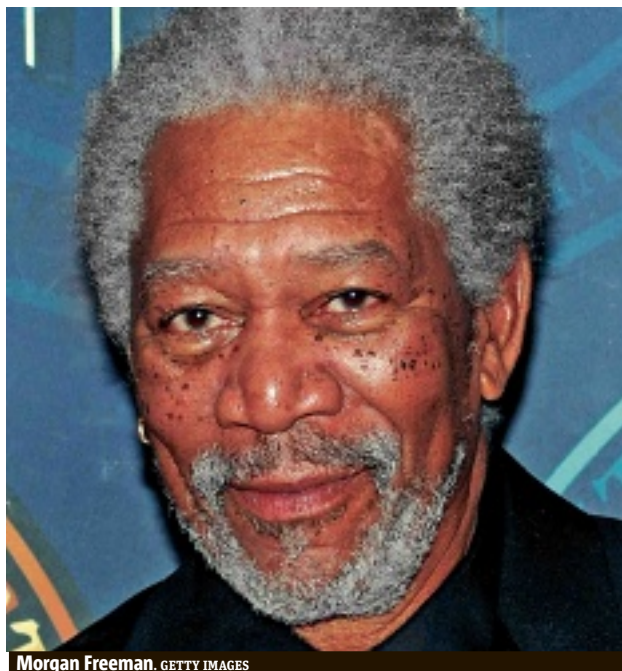


**NED
EHRBAR**
Metro World News in Hollywood

Morgan Freeman steps back behind the microphone for *Island of Lemurs: Madagascar*, giving another nature documentary his March of the Penguins voice-over treatment. Only the gig left him with more questions than answers, like: Do people in Madagascar eat lemurs? He got a sobering answer at the film's press conference, learning that due to worsening poverty on the island nation, people are actually eating the adorable creatures. So naturally we wanted to talk more about that with him.

So people are actually eating lemurs now.

It's not f—ing OK. Yeah, people are poor. I don't know what we're going to do about that. There are too many of us, I think. And because there are too many of us we are going to continue to grow, and we grow even faster because population growth is exponential. If you've got two people creating babies, next thing you know you've got four creating babies, and then eight and then 16 and then ... So it's a problem. And I just read about how these countries get really concerned if the population starts to decline because they



Morgan Freeman. GETTY IMAGES

suffer economically.

It's not a topic people like talking about, though, population control.

Well, they won't until it's too late. And we won't know it's too late until it's too late. We're at 7.3 billion — probably more than that now. And as I read it, in about 15 to 18 years there will be 8 billion.

What do we do with all of them?

Well, eventually there just won't be enough food. We're turning everything on the planet into food for humans. Daniel Quinn, who wrote *Ishmael*, he talks about the difference in humans between "takers" and "leavers." Leavers

are those people who live simplest — the forest people of Borneo, the leaf people of the Amazon, the Tasadays in the Philippines. These are people who still live in the forest, and they don't require much. They don't have cars. S—, I've got three cars and an SUV.

That's a lot of cars.

Yeah. My point being, we're takers. We're just gobbling up s—. And we're encouraged to do it. It'll be too late before we know it's too late.

Have you thought about ways you yourself can pare things down?

Well, one of my cars is a Tesla, so I've reduced my carbon footprint somewhat.



Island of Lemurs director David Douglas visits the lemurs at the Toronto Zoo. GEORGE PIMENTEL/WARNER

Making his way to the island of Madagascar

Fulfilling film dreams.

Canadian director David Douglas always dreamed of making a movie on the legendary island

Quoted

"The mouse lemurs are the smallest primate on earth and up until humans got the last ones, there were really big lemurs on Madagascar — much bigger than a human being."

David Douglas on lemurs



**RICHARD
CROUSE**
scene@metronews.ca

David Douglas, the veteran wildlife filmmaker behind the new IMAX film *Madagascar: Island of Lemurs*, has dreamed of making a film on the island country in the Indian Ocean for 30 years.

He calls it a "remote and mythic place," but adds: "In wildlife filmmaking, everybody wants to go there and do it, but you never can."

Three things convinced the Canadian director to take a chance and travel there "to figure out how to make the movie."

First was the story of primatologist Dr. Patricia Wright. Douglas came across her while researching another film, but was taken with her efforts to protect Madagascar's lemurs, whose numbers are shrinking to alarming levels.

Around since the time of

the dinosaurs, the big-eyed creatures arrived on the island as castaways from Africa and have now evolved into hundreds of species.

Douglas wanted to shine a light on Wright's efforts to protect the lemur's delicate ecosystem and raise awareness of their plight.

The second thing was a technological advancement.

"The normal situation in wildlife filmmaking is you have film stock, this resource that costs money and it runs through the camera in a certain amount of time," he says.

"It can't be any longer. You have to reload it. So you have to spend a lot of your life trying to put yourself in the position of accurately predicting what an animal is going to do in the future because you want to have your camera running while it's happening."

"That is the foundation of all of your planning and everything you do. That's why you never see whales coming out of the water (in movies), you always see them falling back in."

New IMAX equipment developed for this film allowed him to shoot digitally on cameras with lots of memory.

"The camera is always on and all we do is turn it off when we like what we got."

The third draw was, of course, the lemurs themselves.

"They are spectacular looking. They look like a pile of toys in your kid's closet because they're all different, but they're all sort of similar."

The first things you notice about them are their prominent eyes.

"Their eyes are radically different colours for the different species," says Douglas. "They have every colour of the rainbow of eyes."

"Then there is the range of physical sizes. The mouse lemurs are the smallest primate on earth and up until humans got the last ones, there were really big lemurs on Madagascar — much bigger than a human being."

"Gosh, they're fascinating animals," he says with a hint of wonder in his voice.

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Lindsay Lohan. ALL PHOTOS: GETTY IMAGES

Living la vida Lohan: Lindsay blows through Oprah payday in a year

Despite Lindsay Lohan's impressive \$2-million US payday for her Oprah Winfrey-produced reality series, the troubled starlet is reportedly flat broke again. "Only Lindsay could get paid such a large paycheque and once again be in dire financial straits," a source tells Radar Online. "After Lindsay's manager, agent, publicist (and taxes) were paid, she was left with \$750,000." Which for most people would be great, but Lohan is not most people. "This was last year, and Lindsay has

never been able to save any money in her life," the source explains, adding that Lohan "blows through money faster than she earns it." Evidence of her money woes seemed to pop up over the weekend when two of Lohan's credit cards were reportedly declined when she attempted to pay for \$300 worth of merchandise at a Soho boutique, according to Page Six. "She looked really embarrassed and tried to negotiate before her friend finally stepped in and paid," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Somebody needs to stage an intervention for Zac Efron

MELINDA
TAUB
Metro World News in New York

Zac Efron needs help super fast before we all relive what happened to Cory Monteith. Last November, Efron allegedly "slipped on a puddle of water" which was "in his home" and broke his jaw so badly it had to be wired shut.

Shady as hell? Yes. And now an insider has told In Touch what we've assumed all along: That he hurt himself doing the bad stuff. "He does drugs alone," the inside source exclusively tells the

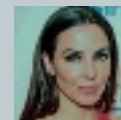
mag. "It's sad."

A second insider tells In Touch. "He needs to get help before it's too late."

The time is ticking down to "too late." As we reported last week, Efron had another shady-as-hell altercation recently with his "bodyguard" and some homeless men after Efron's car "ran out of gas" near Skid Row in Los Angeles.

For some reason, Efron "threw a bottle out of the car," which scared some homeless people milling around. Tensions between the group and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. Right. That sounds exactly like something that would happen to anybody anywhere and not a drug deal gone bad. Exactly.

Twitter



@WhitneyCummings
You had me at "polyamorous"



@MichaelChiklis
Now a volcano has just erupted in Peru? WTF is going on here?



@MarkDuplass
I wonder what Star Wars would have been like with Bill Murray as Han Solo.



Kaley Cuoco-Sweeting

Loving Superman came with a price for Big Bang star

Watch what you say about Big Bang Theory star Kaley Cuoco-Sweeting online, because she's probably reading it. "I'm obsessed. I openly admit to being totally insane about that," she tells Cosmopolitan magazine about checking up on what people write about her online. "I started reading (the comments) and thought, 'Maybe I need to make more of an effort and not go out in

my UGGs and be disgusting.' So I started putting on makeup, and they started writing, 'Wow, someone really likes being in front of the camera' and, 'Her hair's done now for coffee.' I couldn't do anything right." The recently married actress admits, though, that she's had a lot more material through which to browse since she briefly dated Man of Steel star Henry Cavill last year. "I had no one following me until I met Superman," she says. "I've been in this business for 20 years, and my whole life I could go anywhere, do anything. There had not been on paparazzi photo of me until, like, several months ago."

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Modelling the (im)possible ideal

Lily of the virtue. Impossible.com is the online gift economy that encourages people to give and receive for nothing more than a thank you. Model Lily Cole's social mission shows why the best things in life come for free.

RICHARD PECKETT
Metro World News

"I'm going to start calling it possible, it sounds so much better," chuckles Lily Cole on her gift economy website and app Impossible.com. In a capitalist culture where cash and consumerism are king, the doll-faced model's objective of a gift exchange seems like the romantic notion of a naïve and innocent idealist. However, with the backing of Kwame Ferreira (founder of global innovation company Kwamecorp), Wikipedia founder Jimmy Wales and inventor of the World Wide Web Tim Berners-Lee, it's far from just being a concept that should be left percolating amongst the beanbags of a blue-sky think tank. It's a platform for humanism and altruism where wishes are posted and granted by like-minded individuals. The only currency is generosity and gratitude. The former Vogue cover girl, who graduated with a double first class in history of art from Cambridge in 2011, doesn't intend to take a salary from the social network, explaining, "This is my gift that I want to live outside of me."

Did you create Impossible.com in response to the recession?

It wasn't a specific reaction to that. But the conversation back in 2010 that coined the idea with a friend [Kate Tomlinson], who now works on the project, was in relation to the recession and more philosophically about why it is that when there is any recession, society is paralyzed as a consequence of economic paralysis. Because if you think about it, everyone has skills, time, resources, there is no intuitive reason why society couldn't continue to organize itself. We've become almost slaves



"The whole point of Impossible is about value, not money," says Lily Cole, seen here with Vivienne Westwood.
CONTRIBUTED

Model by the numbers

- 14** The age that she was first scouted and later signed to Storm Models.
- 16** She became the youngest model to appear on a Vogue cover.
- 12** million is the estimated net worth of the model.
- 6** is the number of titles that

she holds, including model, actress, environmentalist, activist, entrepreneur and CEO. But she prefers human.

- 22** is the number of charities that she supports such as Sky Rainforest Rescue, Elton John AIDS Foundation and Greenpeace.

to the structure we created, forgetting that we created it [laughs].

Do you believe that humans are innately good?

Yeah, I do and people have proven me right so far...

Are you trying to celebrate positive human actions?

There's definitely a celebration element to it. I was interested in the analogy between current ideas of online social reputation

that most social networks like eBay and [taxi firm] Uber have with classical gift economies: the idea of social reputation being a big part of the equation. I'm not shy of that and I think that's a great thing when we celebrate each other's generosity. That said, it's not the principle motivator. If anything, it's a kind of currency of sorts to try and encourage the principle reason for the platform, which is the actual actions.

Why are you steering clear of a rating system?

I think it works very well with transactional relationships. But what we're trying to do is so non-transactional and I just felt that a rating system would

dehumanize it.

What's the most altruistic action you've performed?

I'm not a perfectly altruistic person at all. What I try to do is grow as a human. If I'm not kind, or do something wrong, I check myself. It's the intention to work on myself continually.

Have you personally helped anyone on the site?

I've helped quite a few people. The one that I enjoyed most was with a boy who wanted to practise his English. I noticed that he was in Manchester, a place where I was soon visiting, so I said I could meet him in person rather than over the phone. Then I saw that on one of his other wishes he'd wished that someone would help the homeless guy on the end of his street. We had a chat in English about this guy and I ended up getting a tent for the homeless man. I feel a bit self-conscious saying this, but the situation was quite magical — it went round in a nice big circle.

Do you stay in touch with the people that you help or is it very much one action and then move on?

I've met quite a few that I've stayed in touch with. A big part of the gift economy is that when someone does something for you for free, a subtle relationship is made. I can feel a community growing around me.

You've been the face of many fashion brands. Did you have concerns about what you were endorsing?

Yeah, that's why I've taken a different path. I started in fashion when I was 14, and it gave me so many options than I'd ever had before, but I was always a little conflicted about it. I was always questioning how consumeristic our society can be and how advertising works. I was looking at all these paradigms and feeling very much a big part of this machine.

Are you greatly concerned about the ethical side of consumerism?

It worries me on a macro scale because we never really know the stories behind products. Take this bag, I have no idea what this came from, how the animal was treated or who sewed it up and what the dye did to the environment. I would love to see transparency across the board.

3
LIFE

PLUS
HOMES

Canadian street style

Spotted in: Toronto

Name: Katie Gregory

Age: 28

Occupation: Publicist

What she's wearing:

Joe Fresh toque and jeans, Ray-Ban aviators, Mackage coat and purse, House of Harlow rings

Her inspiration:

"The sunny spring day inspired me to switch up my typical uniform of head to toe black with bright white pieces."

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Trends Report

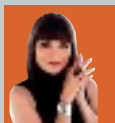
Coconut oil is great for cooking, especially if you're following the popular paleo diet, but did you know it could also be used in many ways for beauty? Go online to Trends Report to find out 10 ways you can use coconut oil as part of your beauty routine.

- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images



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Such an exquisite bouquet of roses from such an exquisite friend. Thank you @marydepaoli for all your inspiration!



Beautiful broadcast journalist Joanne Smith does "IZ Adaptive Clothing by Izzy Camilleri" proud!!!

Hayden at the fashion helm

From country life to clothing line. Hayden Christensen reteams with Canadian retailer RW&Co. for new menswear line

While he was "bitten by the design bug" long before landing a fashion line, it wasn't until Hayden Christensen partnered with RW&Co. that he truly understood what it meant to translate creative vision into clothing — down to the most minor detail.

"The first time they brought out the 10 booklets of buttons or button options, I was a little overwhelmed," recalled the



Hayden Christensen models the Hayden Christensen for RW&Co. Spring/Summer '14 collection. RW&CO. / THE CANADIAN PRESS

easy-going actor in a phone interview from Montreal.

With one collaborative line to his credit, Christensen is a design newcomer no longer. In fact, he was so enthralled

by the initial experience that the Vancouver-born star is re-teaming with RW&Co. for yet another menswear collection.

The homegrown retailer enlisted Christensen — best

known for his role as Anakin Skywalker in the Star Wars prequels — for its first collaborative fashion effort which hit stores last November. The 20-piece collection was inspired by time the actor spent on his Ontario farm during the festive season. His new summer line for RW&Co. is due out in May.

"It was just a natural progression," Christensen said of the transition to warm-weather wear.

"Obviously, you're designing with a different climate in mind, but still, you're just trying to think of things that you just think are cool and design pieces that you want to wear. So from that perspective, it was a strong sense of continuity."

THE CANADIAN PRESS

BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: WITH THE WET WEATHER WE'VE BEEN HAVING, CAN YOU SUGGEST SOME FASHIONABLE RAINWEAR? - A.T.

A: Rain is unfortunately not as chic as the Burberry campaigns make it out to be, but there are plenty of rain-appropriate outfits that are both functional and eye-catching. Pair a fun-coloured trench coat with a nice pair of Wellington boots. Accessorize with a fancy umbrella, and you're good to go! Brown's has a great selection of boots, and Hudson's Bay will be sure to provide you with an awesome trench!

Q: I'M WHITE AS A GHOST, BUT DON'T WANT TO HIT THE TANNING BEDS. ANY PRODUCTS I COULD TRY THAT WON'T STREAK, OR MAKE ME LOOK LIKE I SHOULD BE ON JERSEY SHORE? - K.O.

A: So many people struggle with how to get that perfect summer glow, but thankfully, there are now so many options to choose from that are perfectly healthy! Sephora is great because they cover beauty from A-Z, including self-tanners, moisturizers and airbrushing. Their staff is always ready to give their expert opinions and options. The goal is to progressively change your skin's tone over time in order to avoid looking like Snooki!

Q: I HAVE A VERY PALE COMPLEXION, AND WITH THE WARMER WEATHER APPROACHING I'D LIKE TO SHOW OFF SOME SKIN. ARE THERE COLOURS I SHOULD TO COMPLIMENT MY SKIN TONE? - B.L.

A: Generally the rule of thumb for women with lighter skin tones is to stick with pastels and neutrals. Keep darker or brighter colours for pants and skirts, and look for soft pinks, blues, creams and beiges near your face. Pale grey and gold will also look great on fair skinned women. To keep things interesting look for pieces that have texture — such as linen, or cotton piques!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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Hotel suite home

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DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I'm a big believer that ideas and inspiration are every-

where, and if your mind is attuned, you'll always be inspired. Take, for example, my latest visit to Vancouver, where I enjoyed a short stay at the newly-refurbished OPUS Hotel, a home-away-from-home for those who love colour, design and style. Located in the very chic area of Yaletown, the hotel is surrounded by decor shops, restaurants and lounges.

This boutique hotel has a variety of decor-themed

rooms that allow guests to experience anything from bad-boy funk to glam-star luxury. My favourite room was painted a juicy orange which brightened my day in contrast to the hazy grey spring weather that Vancouver presented outside.

If you're itching for some colour inspiration, then the OPUS hotel will truly inspire. Like the look? I've shopped for a few on-trend decor items to help get the look at home.

Extras that feel almost as good as room service

Turn your bedroom into an oasis with all the comforts of a chic hotel room:

- Add a small-scale love-seat or chair if space allows. Mid-century modern furnishings tend to work well as they are smaller in scale.

- Include your very own single-serve brew system for those early mornings when you just can't face your roommates.

- Add double-duty furnishings like console tables, ottomans and beds that offer



storage in small spaces.

- Get yourself a small fridge; there's nothing better than your own bottled water and snack station.

A glamour OPUS worth imitating

Instant sunshine prevails with orange walls, funky pop-art and versatile, multi-use furnishings in the inspiring OPUS king room.



Add a burst of sunshine

Perfect as a focal wall behind a bed or to paint the inside of your closet. Orange Burst 2015-20, Benjamin-Moore.ca



Bring versatility to the table

Versatile as a dressing table, desk or elongated night stand, a console table can be used anywhere in the home. Lack console, \$60, Ikea.ca



Throw down some colour

The simplest way to add your favourite trend colour to a room is with throw pillows. Delano Striped Toss Cushion, \$26, UrbanBarn.com



Bada-boom bada-baboonery

Be as bold with your art as you are with your wall colours. Baboon print, \$170, CB2.com



Let a little light shine

Classic modern shapes in neutral colours means loving your accessories long after you are done with your decor scheme. Merrie Table Lamp, \$275, CrateAndBarrel.com



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Get fresh with your living room

DIY. 4 simple solutions to make your living space spring to life

Lack of colour, outdated decor and overall disconnection can hold a living room back from its full potential. Bring your living space back to life to represent your unique style and needs. With spring in the air, consider a radiant revival by adding a touch of trend into the heart of your home with a few easy DIY tips.

Cue the hue

Make your walls the star of your living space with an accent wall. There are many options with accent walls such as using bold colours, wall paper prints, and different textures. It's usually best to choose a print or colour that picks up other colours in the

room, and to choose a wall that you want to draw attention to. Who knew incorporating colour could be so easy?

Rug remedy

Don't let confusing floor options cramp your style, instead use an area rug to accent your living room. An area rug can draw the eye in the direction you want to highlight, such as an entertainment area or a fireplace. Consider upgrading a basic rug by adding a design using fabric spray paint and a plywood stencil to make a bold statement. A stylish rug can be a simple fix for a disconnected living space while also adding a cosy, comfortable feel.

Curtain call

Shed light on your living space by giving your windows a vibrant treatment.

Curtains are a great way to play with different textures in your living room

and can easily be changed to suit your needs, seasons, and interior trends. Sheer materials are a great option because they let in the perfect amount of light while providing a lavish atmosphere.

If you currently have a curtain rod installed,

consider a simple DIY embellishment by spray painting it metallic gold or silver.

Daring decor

Dress your living room in daring designs with out-of-the-box patterns and bold colours. Throw pillows are a great option to consider

if your living room is lacking those essential finishing touches. Pillows allow you to experiment with patterns, colour schemes and textures without committing to a complete design overhaul. You can make your own throw pillows using no-sew options such as fabric glue or iron-on adhesive.

House Crashers

- For more inspiration on how to update your home, tune into House Crashers on Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

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Go bold and go home to a vibrant living space. ISTOCK

Got clutter? Think inside the box

Tidy tips. Using an organizational system can help keep you on top of excess items

Disorganized and cluttered homes are often the result of busy lives, but tackling the stuff in a home is an important step in freeing a space of disorder while relieving stress for its owner.

Maggie Megenbir, Victoria professional organizer, says clutter is unnecessary weight in a space.

"They are things that weigh people down," says Megenbir. "Clutter is stuff that doesn't contribute to the life that we want for ourselves."

The stuff that accumulates in a home can contribute to both physical and mental clutter, says Megenbir.

"I hear from my clients over and over, when they clear physical clutter, they feel much more clear in their mind," she says. "It clears up the mental clutter and has an internal impact for them."

Develop a system

According to Megenbir, homeowners lead such busy lives that they often become overwhelmed and just don't have the time to stay on top of the contents of their homes.

Developing effective organization systems for a home is key to keeping a handle on clutter.

"They need to work well for the person who is using them," says Megenbir. "The systems also need to be easy to use, and just make sense in general."

Store items where they're used

Storing items near where they are used is an important way to battle clutter. Megenbir says if a homeowner is using a blender, but has to go down the hall to put it away in a closet or pantry, it is more likely to stay on the counter.

"If the blender is stored in a cupboard right near where it is most often used, then it is easy to just put it away," she says.

Get unstuck

A Calgary professional organizer says homeowners come up with many reasons to avoid the task of organizing and purging excess items.

"People get stuck," says Paula Blundell. "People get overwhelmed and can't make a decision about getting rid of something. They come up with all sorts of reasons for keeping items."

Have a vision

Blundell says homeowners should keep an item if it is something they absolutely love, and if it fits the vision they have for their life and home.

"If you walk into your master bedroom, the first question to ask yourself is what vision do you have for the space? How do I want it to feel?" she says.

"If the answer is, 'I want this space to be sacred and calm,' then your kids' toys and your laptop probably shouldn't be in that space."

What it costs doesn't count While Blundell has heard

many good reasons for keeping items, she has also heard several bad ones, the most common being: "I paid so much for that."

"That is not a good reason, because it is just a cost. You've already spent the money and you're not getting it back," she says.

Get rid of guilt, too

Many people also keep unwanted items out of obligation or guilt, and Blundell says the person who gave the gift would be happier knowing it's not a burden in their life.

Once the decision has been made to start organizing and purging clutter, the most important step is to be prepared.

Start small

Blundell says a homeowner should schedule it in their week, and start small. Dealing with a cupboard, drawer or half a closet will give a homeowner a sense of accomplishment rather than making them feel discouraged. **THE CANADIAN PRESS**



Clearing up physical clutter often clears mental clutter, too. ISTOCK

Don't be afraid to ask for help

"When you bring in an outside third party like a friend to help you clean up, they are able to see stuff as just stuff, and can make decisions of what to get rid of much easier." Paula Blundell, a professional organizer

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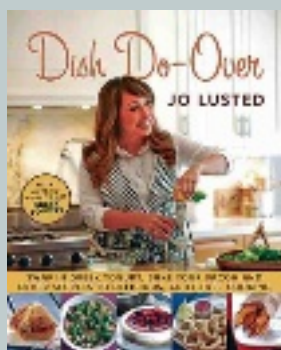
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A rousing ode to slurping: Corn chowder

Cookbook of the Week

Slim down your faves; keep flavour



Depriving yourself of your favourite foods or going to an extreme you can't maintain are two reasons diets fail.

Chef Jo Lusted offers a solution to diet failures with her new book *Dish Do-Over*, in which she transforms so-called "guilty pleasures."

Lusted's approach makes smart ingredient swaps and includes a "before and after" nutritional count. Among the recipes in the book are: Pizza Burgers, Shepherd's Pie, Beef Stroganoff, Poutine, Fish and Chips, Fried Chicken, Whoopie Pies, Margaritas and more. **METRO**

Dinner. This classic recipe replaces fatty ingredients and weighs in at 187 calories compared to the typical 533

"In this recipe, I replace the usual excessive amount of butter, bacon and cream with a respectable amount of olive oil, 1% milk and smoked paprika for smoky flavour without any calories," writes Jo Lusted in her book *Dish Do-Over*. "I also load this soup with veggies, making this a nutrient-dense version of the classic."

1. In a blender, purée 1 cup corn kernels and 1 cup each stock and milk until smooth. Set aside.

2. In a medium saucepan, heat oil over medium heat. Add onion, carrot, celery, garlic and thyme and cook, stirring frequently, until softened, about 6 minutes. Add paprika and flour and cook, stirring constantly, until fragrant, about 1 minute. Add potato, bay leaf and remaining 3 cups stock, increase heat to high and bring to a boil. Reduce heat to medium and simmer for 10 minutes or until potatoes are tender when pierced with a knife. [Make-ahead: Soup can

be prepared to this point up to 48 hours in advance, covered and refrigerated. Warm soup over medium heat before proceeding with recipe.]

3. Stir in prepared corn purée, remaining 2 cups corn kernels and bell pepper and bring to a gentle simmer, about 5 minutes. Remove from heat, discard bay leaf and season with lemon juice, hot sauce, salt and pepper. Ladle into serving bowls and sprinkle with chives.

RECIPES FROM DISH DO-OVER © 2014 BY JO LUSTED (COLLINS, 2014).

Ingredients

- 3 cups fresh corn kernels
- 4 cups low-sodium chicken stock
- 1 cup 1% milk or unsweetened plain almond milk
- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, diced
- 2 garlic cloves
- 2 tsp chopped fresh thyme
- 1 tsp smoked paprika
- 1/4 cup brown rice flour
- 1 medium potato, diced
- 1 bay leaf
- 1 red bell pepper, diced
- 1 tbsp fresh lemon juice
- Hot sauce
- Sea salt and freshly ground
- Black pepper
- 2 tbsp chopped fresh flat-leaf parsley or chives



PREP TIME
25 MINUTES

This recipe serves six. PHOTOS © MIKE MCCOLL. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

3-Cheese Garlic Bread

Ingredients

- 1 whole wheat baguette
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- 2 green onions, minced
- 3/4 cup each shredded low-fat aged cheddar cheese, low-fat mozzarella cheese
- 1/3 cup non-fat plain Greek yogurt
- 1/4 cup freshly grated Parmesan cheese
- 1/2 tsp Italian herb seasoning
- 1/4 tsp cayenne pepper
- Sea salt and freshly ground
- Black pepper

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper. Slice baguette in half crosswise and then in half lengthwise.

2. In saucepan or non-stick skillet, melt butter over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 2 minutes. Transfer to a large bowl and allow to cool to room temperature. Stir in green onions, cheddar, mozzarella, yogurt, Parmesan, Italian herbs and cayenne. Season with salt and pepper.

3. Spread mix evenly over cut



This recipe serves eight.

sides of bread and place on prepared baking sheet. Bake for 15 minutes, until cheese is golden brown and bubbling and edges of bread are golden brown.



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This week:
Do you have a sore in your mouth?



HEALTHY, HAPPY SMILES

April is Oral Health Month and a great time to think more about taking better care of teeth and gums.

“A smile is like a window to your body,” says Dr. Travis Stork, a practising board-certified emergency medicine physician and an Emmy-nominated national television host. “As a doctor, I know that a healthy mouth is part of a healthy body.”



Poor oral hygiene can cause bad breath and stained teeth, but it may also lead to gingivitis, an inflammation of the gums.

Left untreated, gingivitis can cause more serious gum disease and even loss of teeth. At the same time, healthy teeth and gums make it easy for you to eat well and enjoy good food. And the health of your teeth can affect your self-image, too.

“I believe that good health comes with a healthy lifestyle, which includes staying active, eating healthy and taking care of oral health,” Stork says.

Here are ways to keep teeth and gums healthy:

- 1 Reduce the amount of sugar in your diet — sugar is one of the main



XIXINXING/SHUTTERSTOCK

causes of dental problems. “I advise people to enjoy the natural sweetness of fruits and to cut out as much refined sugars as possible, like pop,” Stork says.

- 2 Take time to brush, floss and rinse every single day. A good oral care routine, Stork says, includes brushing with an electric toothbrush for two minutes twice a day, flossing, and rinsing with an anti-septic mouthwash.



- 3 Use Crest Pro-Health Clinical toothpaste, Stork says. “It has been proven to help prevent and even reverse gingivitis and early stages of gum disease.” It fights cavities, tartar, and plaque, whitens teeth, and helps freshen breath.

- 4 Visit the dentist twice a year (and your doctor once a year) for routine checkups. Besides having teeth cleaned, regular checkups can help uncover issues earlier when

they are easier to treat.

- 5 Keep in mind that certain health conditions may require special care. For example, having diabetes or being pregnant increases the risk of gingivitis. Floss and brush regularly, and use Crest Pro-Health to help prevent and reverse gingivitis, Stork says. Speak to your dentist for more information.

- 6 Be a good role model to children. Just as being active together as a family is important, so is finding ways to teach children to make regular brushing and flossing a habit, too.

- 7 Avoid all tobacco products.



WAVEBREAKMEDIA/SHUTTERSTOCK

MAKE ORAL HEALTH A PRIORITY

Are you happy with your smile?

If you aren't it might be a good idea to start using a whitening toothpaste when you brush your teeth.

According to the Crest and Oral-B 2014 Great Canadian Smile Survey, 93 per cent of Canadian adults feel that having a white smile can impact the way other people perceive them and that can definitely affect the way you feel about yourself.

The survey revealed many other interesting insights into the oral hygiene habits and attitudes of Canadians.

For example, while eight in 10 Canadians say their dentist has recommended

brushing, flossing and rinsing with mouthwash regularly, less than half — just 44 per cent — actually do it regularly. In fact, just three in 10 Canadians say they floss at least once a day.

What's also interesting is that Canadians might take better care of their teeth and gums if their doctor made it a priority. While three-quarters of Canadian adults trust the information their dentist provides regarding the impact oral care has on their overall health, half say that if their family doctor talked to them about their oral care they would take it more seriously.

In general, the majority of Canadians say oral health is an important part of

their overall health. The survey showed almost two-thirds of Canadian adults say they have taken specific steps to improve their daily oral care routine in the last five years.

Furthermore, Canadian parents are also teaching their children that regular brushing is important. Seven in 10 parents with children younger than 12 have incorporated brushing for two full minutes twice a day as part of their child's daily oral care routine.

But only half take their children for regular checkups, one-third began flossing early in the child's life, and one-quarter have taught their child to rinse daily.

I WANT A HEALTHY-LOOKING SMILE SO I LOOK AS GOOD AS I FEEL

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1 FLOSS

2 BRUSH

3 RINSE

MY PRO-HEALTH™ ROUTINE

Crest® Pro-Health™ Multi Protection rinse helps prevent and reduce plaque and gingivitis. Crest® Pro-Health™ toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. To ensure this product is right for you, always read and follow the label. ©2014 P&G

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Murray's top task: Sign big Czech



THE HOCKEY NEWS
Murray Pam
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The Ottawa Senators are coming to a crossroad at season's end. With potentially, three unrestricted and three restricted free agents pending and another six UFA's and two RFA's contracts expiring following the 2014-15 campaign, this off-season may be the most important in franchise history.

Senators general manager Bryan Murray inked a two-year contract extension Jan. 13, knowing full well the challenges lying ahead.

On July 1, Ales Hemsky, Matt Kassian and Milan Michalek are free to go their own way. Meanwhile, Craig Anderson, Erik Condra, Clarke MacArthur, Marc Methot, Bobby Ryan and captain Jason Spezza are all eligible for unrestricted free agency in July 2015.

It's no doubt that Murray and his brain trust are already holding discussions and making decisions on most, if not all of these players.

First on Murray's docket is Ales Hemsky. Acquired from the Oilers at the trade deadline, Hemsky is performing beyond expectations. The skilled right-winger is fitting in seamlessly on a line with fellow Czech Olympian Michalek and Spezza. With 12 points in his first 13 games as a Senator, including a highlight-reel goal versus Tampa and a shootout-winner



Ales Hemsky recorded 12 points in his first 13 games as a Senator. MIKE CARLSON/GETTY IMAGES

against the Hurricanes, Hemsky is quickly endearing himself to Sens fans.

Murray acknowledges interest in retaining the 30-year-old, but are Hemsky's feelings reciprocal?

The 11-year veteran appears to be saying all the right things. Hemsky is familiar with the Ottawa region, having enjoyed success compiling a whopping 197 points in 121 games during two seasons of junior hockey with the Hull Olympiques from 2000-02.

Most notably the six-foot, 180-pounder said earlier this

Know the score

The Senators hosted the New York Islanders Wednesday night. For the story, got to metronews.ca.



week that Spezza was the best centre he ever played with, high praise for the Senators captain who Hemsky has known for merely a month.

Spezza may be the key to Hemsky remaining a Senator. Before signing, the Oilers'

2001 first-rounder wants assurance from Murray that Spezza, a 2015 UFA is in the club's long-term plans. One would like think so, as it's hard to fathom the possibility of losing both players.

Then there's the matter of term and salary expectations. Hemsky is closing out a two-year deal averaging \$5 million per season. To get pen to paper, an offer in the four- to five-year, \$4.3M range should be the framework for an agreement.

Sens fans can only hope that Murray will sign that Czech.

Relocation to Seattle

Group interested in moving NBA team, not NHL

The investor who attempted to purchase the Sacramento Kings and move them to Seattle says his investment group is solely focused on pursuing the NBA and is not interested in owning an NHL franchise.

Chris Hansen told The Associated Press on Wednesday that no one in his ownership group has interest in being the majority owner of a hockey franchise even as rumours continue to circulate about the NHL having interest in Seattle as a possible market in the future.

Hansen says the focus of his group is getting all environmental reviews finished on their proposed arena so that if an NBA franchise becomes available via sale or expansion, Seattle can be at the front of the line ready to go.

THE ASSOCIATED PRESS

NHL

Toews out for rest of regular season

Blackhawks captain Jonathan Toews will miss the rest of the regular season with an upper-body injury.

The team said Wednesday that coach Joel Quenneville expects Toews to be "100 per cent" for the playoffs.

Toews was injured after a hit by Penguins defenceman Brooks Orpik on Sunday night. Toews got up slowly and was seen holding his left arm on the bench before heading to the locker-room.

THE ASSOCIATED PRESS

Koe in battle to advance to playoffs



Canada's Kevin Koe throws a stone during a match against Sweden at the world men's curling championship in Beijing on Wednesday.

ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Canada's Kevin Koe is on the playoff bubble at the world men's curling championship after splitting his games Wednesday at Capital Gymnasium.

The veteran skip and his Calgary-based team beat Switzerland's Peter de Cruz 8-4 before dropping a 6-2 decision to Sweden's Oskar Eriksson in the evening draw.

"It's disappointing, that was a big game for us and we couldn't pull (it) out," said Koe. "That's a tough one. Just one of those games where we would build a big end and he'd

Quoted

"Our backs are against the wall and we just have to worry about making the playoffs."

Canada skip Kevin Koe

come up with a good shot and I couldn't answer.

"I had a few chances. I missed a triple for three (in the sixth end) and kind of miscalled the line again. Just one of those games — off by a

couple inches."

Canada was tied with Switzerland at 6-3 after 14 draws of play. Norway's Thomas Ulsrud was in first place at 8-1 and Japan's Yusuke Morozumi was next at 7-2.

Round-robin play wraps up Thursday with Canada set to play Germany's Johnny Jahr and Scotland's Ewan MacDonald. The top four teams will make the playoffs.

Koe won gold at his only previous appearance at the 2010 world championship.

THE CANADIAN PRESS

Shewfelt springs into Hall of Fame

Canadian Olympians.

Calgarian among athletes, coaches, builders to be honoured in June

Kyle Shewfelt's Olympic gold medal in gymnastics shines bright a decade later because it is the first and only of its kind in Canada.

Unlike the Olympic champion who has a teammate or hero to follow or emulate, Shewfelt blazed his own trail to win the floor routine in 2004. He is the only Canadian to win an Olympic medal of any colour in gymnastics.

The Calgarian is among the athletes, builders and coaches who will be inducted into the Canadian Olympic Hall of Fame in June.

He'll join speedskater Cindy Klassen, the victorious



Gymnast Kyle Shewfelt won a gold medal in the floor routine at the 2004 Summer Olympics.

GETTY IMAGES FILE

Sports journalist Richard Garneau, who covered 23 Olympic Games, will receive the Canadian Olympic Order posthumously.

While Shewfelt agrees no Canadian beat a path to the podium for him, he didn't feel isolated in his quest.

"Why did it happen for me? I wasn't by myself," Shewfelt said. "I had tons of supporters, amazing teammates, my national federation was so supportive of the dream. They sent me around the world when I was 17 to get that experience. I just never wavered in my belief that it was possible."

"For myself, I wanted to take it to the next level and I guess it took a lot of courage for myself to do that, but it was something I was willing to risk. I knew as an athlete that when I ended by career, I wanted to look back and have no regrets. I had to chase the biggest dream possible."

THE CANADIAN PRESS

men's eight rowing team of 2008, speedskating coach Marcel Lacroix, hockey coach Pat Quinn and the late, former Alberta premier Ralph Klein among the 2014 inductees.

Thursday's Metro AR poll



DOUG PENSINGER/GETTY IMAGES

Hayley Wickenheiser revealed on Tuesday she has had a broken foot for the past year. That includes the time in which she led Team Canada to a gold medal at the Sochi Games. Scan the image above using your Metro News app to vote on the most courageous "playing hurt" moment in sports history.

Metro AR poll results

34% Metro News readers voted hockey player Mike Fisher and country singer Carrie Underwood the hottest couple in sports. Also shown love in the poll were the following twosomes:

24% Dustin Johnson and Paulina Gretzky

18% Cristiano Ronaldo and Irina Shayk

12% Dion Phaneuf and Elisha Cuthbert

6% Dwyane Wade and Gabrielle Union

6% Justin Verlander and Kate Upton



Mike Fisher and Carrie Underwood GETTY IMAGES FILE

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*Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



Horoscopes

Aries

March 21 - April 20

See to it that you are rewarded for your efforts, especially on the work front where others may try to give you less than you deserve. You don't have to be aggressive but make sure you get what you are worth.

Taurus

April 21 - May 21

The planets will make it easy for you to complete a task that needs to be out of the way right away. If you focus all your energy in one direction today, there is no telling what you might accomplish.

Gemini

May 22 - June 21

Call it as you see it and don't worry about the reaction. Not everyone will be pleased that you're so open about the issues but it's their fault for backing ideas that are easily disproved.

Cancer

June 22 - July 23

Try not to get angry with those who can't make up their minds as quickly as you. If you want to get things done, you will either have to go it alone or make alliances with those who share your hunger for success.

Leo

July 24 - Aug. 23

You seem to be working harder than ever but are you working for yourself or others? That's the question you most need to ask today and if the answer is the latter you will need to make changes.

Virgo

Aug. 24 - Sept. 23

If there is someone you would like to know better, let them see you are interested. If you make the right sort of move now, it could be the start of a beautiful friendship (or more).

Libra

Sept. 24 - Oct. 23

Give partners and loved ones your support today, even if you have good reason to criticize. Whatever they may have done and however much it may have affected you, it was an honest mistake.

Scorpio

Oct. 24 - Nov. 22

A relationship that has gone through some difficult times can be repaired but first you must ask yourself if that is what you truly desire. The Sun at odds with your ruler Pluto suggests you may be thinking of ending it once and for all.

Sagittarius

Nov. 23 - Dec. 21

A new business venture can be a success but to make it work you will need to give everything to it. Is it worth the time and energy? Only you can decide. Just do it soon.

Capricorn

Dec. 22 - Jan. 20

If you believe in yourself and work diligently towards a well defined goal there is no reason why your name should not be up in lights — and your bank balance blessed by a large input of cash.

Aquarius

Jan. 21 - Feb. 19

The Sun at odds with power planet Pluto today warns you must resist the temptation to go to extremes. If you overstep the mark at home or work you could end up paying a price.

Pisces

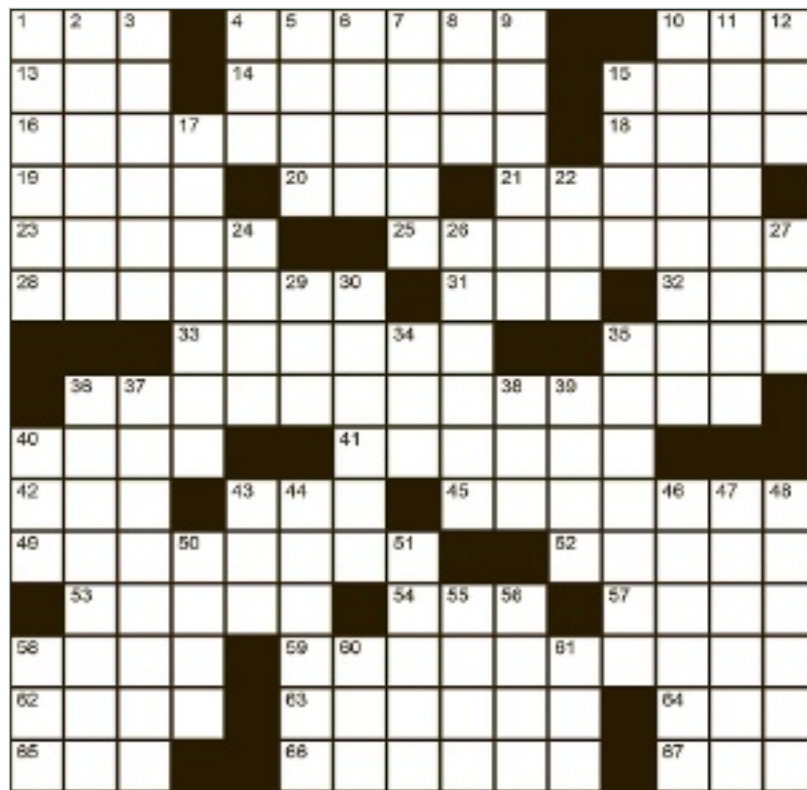
Feb. 20 - March 20

If you want something today there is a chance someone will give it to you but you have got to ask directly. If you drop hints chances are they won't understand. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Got a glimpse
4. Mafia don's realm: 2 wds.
10. Police alert, commonly
13. Tel Aviv, ___
14. Having branches
15. Marianas island
16. Cate Blanchett role, ___
18. Antelope type
19. ___ good example
20. Lanka's lead
21. "Seven Years in ___" (1997)
23. High School attendees
25. Edmonton, 'Canada's ___ City'
28. Fruit sort
31. Camper's bed
32. Cube used for soups
33. Prehistoric tool
35. Nothing: French
36. CUPW = Canadian Union of ___
40. ___ vinegar
41. Vassals
42. Band-___
43. Compass dir.
45. Aerobics class device
49. ___ circles (Concealer targets)
52. Socialite/hostess Ms. Mesta
53. Certain crown
54. Ronny & The Daytonas hit
57. Burden
58. ___ messaging



59. Launched by a candidate in Toronto ahead of the big election there on October 27th, 2014: 2 wds.
62. Mr. Kristofferson
63. Baseball official's duty
64. WSW's opposite
65. 'Verb' suffix

66. Ritzy couch
67. Cave

Down

1. Midday break
2. Isn't this in the Meg Ryan/Tom Hanks 'Seattle' movie
3. Novelist
4. "My Crew" Prod.

5. Montreal hockey players, to fans
6. Urgent situation, briefly
7. Recurring theme
8. Kyrgyzstan city

9. Shakespearean "Very well then...": 3 wds.
10. "Good-bye.", in Montreal: 2 wds.
11. It's guaranteed that everyone will do this and die: 2 wds.
12. Sporty bike
15. ___ Desert

17. Most goofballish
22. TV Cousin
24. Kilt wearer
26. The Wilderness of Manitoba album: 'Island of ___'
27. Mr. Chaney Jr.
29. 'Motor' suffix
30. Canadian-made 'World's Best Hat'
34. Prefix to 'light'
35. Make a typo ...then figure out the word's right letters
36. The Group of Seven
37. "The Night They Drove ___ Down" by The Band
38. Mil. unit
39. Retain
40. Egyptian ___ (Cat breed)
43. Be mistaken
44. Canadian broadcaster Mr. O'Regan
46. Investigated
47. Julia Louis-Dreyfus role
48. Blush
50. Chow
51. Country in Africa
55. "Jump ___!" (Hurry!)
56. River in Normandy
58. Boxing stat.
60. Soul: French
61. Ripen

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

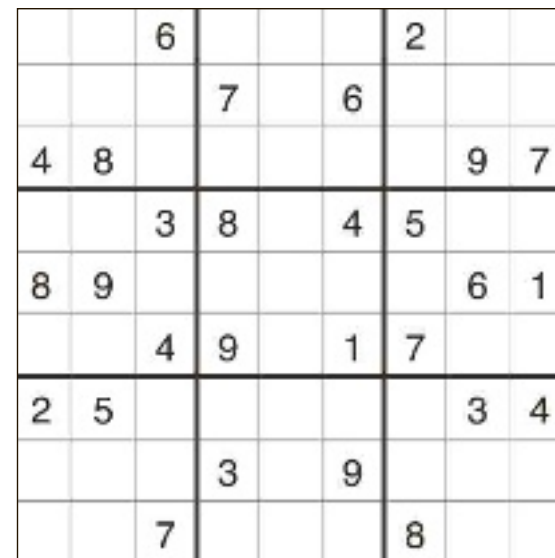


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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will be 14 days from now.
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Hyundai
Veloster**

R.Cam • 4 cyl
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32,348 km • Auto
Stk: # 35593

\$90 weekly

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Acura MDX
SH**

AWD • 3.7L V6 cyl
\$34,850
39,950 km • Auto
Stk: # 35496 USA

\$170 weekly



2012 Hyundai Santa Fe
\$19,950 • 47,006 km • Stk: # 34789

\$97 weekly



2010 Honda Civic DX-G
\$10,820 • 119,079 km • Stk: # 35451

\$52 weekly



2012 GMC Acadia SL
\$25,650 • 53,659 km • Stk: # 35443

\$125 weekly



2010 Dodge Journey SXT
\$12,870 • 97,157 km • Stk: # 35171

\$63 weekly



2010 Hyundai Elantra
\$9,990 • 87,923 km • Stk: # 35589

\$48 weekly



2008 Jeep Patriot
\$9,950 • 96,790 km • Stk: # 35283

\$48 weekly



2013 Ford Edge LTD
\$31,850 • 25,977 km • Stk: # 35572

\$155 weekly



2013 GMC Sierra 1500 SLE
\$26,840 • 29,374 km • Stk: # 35199

\$111 weekly



2010 Hyundai Accent GLS
\$8,860 • 95,800 km • Stk: # 35191

\$43 weekly



2010 Chevrolet Equinox LT
\$16,880 • 83,772 km • Stk: # 35487

\$82 weekly



2009 Ford Focus SE
\$7,850 • 82,719 km • Stk: # 35640

\$38 weekly



2011 Kia Forte SX
\$13,850 • 31,668 km • Stk: # 35346

\$67 weekly



2013 Chevrolet Orlando LT
\$17,950 • 39,758 km • Stk: # 35501

\$88 weekly



2010 Dodge Ram 1500
\$20,980 • 65,767 km • Stk: # 35434

\$77 weekly



2010 Kia Soul 2U
\$10,750 • 94,333 km • Stk: # 35166-A

\$52 weekly



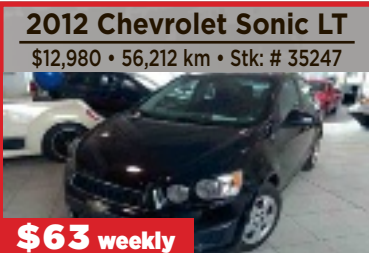
2009 Kia Rio LX
\$6,970 • 88,234 km • Stk: # 34055

\$34 weekly



2011 Honda Odyssey LX
\$22,480 • 62,145 km • Stk: # 34923 USA

\$111 weekly



2012 Chevrolet Sonic LT
\$12,980 • 56,212 km • Stk: # 35247

\$63 weekly



2011 Hyundai Sonata
\$13,720 • 74,881 km • Stk: # 35355

\$67 weekly



2009 Mazda B4000
\$12,870 • 108,098 km • Stk: # 35599

\$62 weekly

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